

YOUTH EXCHANGE
23 OCTOBER-02 NOVEMBER
VATRA DORNEI, (ARGESTRU), ROMANIA

LevelUP: Ready4Work



Initiative Sociale

Initiative Sociale" Association is a NGO that has been created in July 2012 by the founders who wish to produce changes in youth mentalities and to motivate the young generation to cooperate for a better society and to motivate them in taking initiative.

"Initiative Sociale" mission is to promote and implement non-formal programs for the young people.

We would also like to concentrate on promoting social economy and entrepreneurship by offering support and providing technical assistance to youngsters who want to start a business, especially the social business initiatives.

More than that, we are proud to announce that we earned our ERASMUS+ Accreditation in the YOUTH field.

We owe this achievement to our hard working team and our amazing partners (national and international) that support us in the pursuit of excellence in the field of youth work.

This ERASMUS+ Accreditation is the product of hard work over the years and it means more youth projects, more non-formal education, more adventures and journeys, more partnerships, more productive interactions and more fun to come!

The story continues! Together we are stronger!





JOB

PROJECT DESCRIPTION

The LevelUP: Ready4Work activity is a multilateral youth exchange organized within the Erasmus+ framework. It will take place in Vatra Dornei, Romania, from 23rd of October to 2nd of November 2025, including travel days.

LevelUP: Ready4Work is a youth exchange initiative designed to tackle the ongoing challenge of youth unemployment in Europe by bringing together young people from various cultural and social contexts. The project focuses on empowering participants through the development of essential personal and professional skills – including communication, teamwork, critical thinking, initiative, and adaptability – which are crucial for entering and succeeding in today’s labour market.

Through an engaging programme built around non-formal education methods, the exchange offers a practical and reflective learning environment. Participants will not only strengthen their employability skills but also gain a clearer understanding of how the labour market functions and what employers are looking for, while boosting their confidence and motivation.

In addition, the project fosters intercultural learning, inclusion and solidarity by encouraging collaboration among youth from different countries, and by creating lasting cross-border connections and peer support networks across Europe.

OBJECTIVES

1

To increase the awareness of 33 young participants and 7 group leaders about the dynamics of the European labour market, the challenges faced by young people, and the importance of their active role in shaping their professional future, through non-formal learning activities implemented during a 9-day youth exchange.

2

To support 33 young participants and 7 group leaders in developing key personal and professional competences—such as communication, teamwork, critical thinking, and adaptability—through 9 days of non-formal learning activities, in order to enhance their employability and active participation in the European labour market.

3

To enhance the employability of 33 young participants and 7 group leaders by promoting creativity, initiative, and problem-solving skills through structured non-formal activities during the 9-day youth exchange, enabling them to better identify job opportunities and develop practical solutions for entering the labour market.

4

To foster intercultural dialogue, inclusion, and tolerance among 33 young participants and 7 group leaders through collaborative learning, group discussions, and intercultural exchange activities during the 9-day youth exchange, in order to strengthen social cohesion and solidarity among European youth.

5

To strengthen networking and encourage long-term collaboration within the Erasmus+ framework by initiating and developing strategic partnerships with new European youth organizations throughout the entire duration of the project, based on shared objectives, mutual trust, and the planning of future joint initiatives.

PARTNERS

Mlaoevropani (Czech Republic) - 4 participants + 1 group leader (2 fewer opportunities)

Greek Youth Mobility (Greece) - 4 participants + 1 group leader (2 fewer opportunities)

Creative Youth Academy (Hungary) - 5 participants + 1 group leader (3 fewer opportunities)

Associazione Scambieuropei (Italy) - 5 participants + 1 group leader (3 fewer opportunities)

TAVO Europa (Lithuania) - 4 participants + 1 group leader (2 fewer opportunities)

DGT Polska (Poland) - 5 participants + 1 group leader (3 fewer opportunities)

Initiative Sociale (Romania) - 6 participants + 1 group leader (3 fewer opportunities)

- ✓ **Gender balance is required (if possible)**
- ✓ **All participants must be citizens or residents of the sending organization country**
- ✓ **Working language for the project is English**

PARTICIPANT PROFILE

- aged between 18 and 26 years,
- motivated to develop key competences through non-formal education,
- eager to learn and to develop his/her abilities, skills and knowledge for a better inclusion on the labour market,
- to be willing to learn from themselves and from others,
- to be willing to participate in the learning activities implemented during the project,
- to be open to learn new things and meeting new people,
- to commit to participate throughout the project period (preparation, implementation and follow-up/ dissemination activities)
- eager to develop social and intercultural competences for a better European society,
- motivated to develop participatory, tolerant and non-discriminatory attitudes through intercultural dialogue,
- motivated to apply and develop in their communities the non-formal techniques and employabilities ideas learned/ developed in this youth exchange,
- minimum level of English.

GROUP LEADER PROFILE

- at least 18 years old,
- team-working skills,
- good coordinator and motivator for the national team,
- to be a link between his/ her national group and the organizing team,
- to know and apply non-formal education methods,
- to know and apply reflection and (self)evaluation techniques to support the participants in the learning process,
- motivated to apply and develop in the community of origin, both the non-formal methods/techniques and employability ideas learned/ developed in this project,
- good level of English; if necessary (s)he will act as a translator between his/ her national group and the other participants.

At least 2 - 3 participants from each participating country should come from backgrounds with fewer opportunities, such as facing economic barriers, social barriers, cultural differences, geographical obstacles or being NEETs - Not in Education, Employment, or Training.

Given the focus of the project, priority will be given to young people facing economic challenges or those who are NEETs, ensuring that the exchange is inclusive and provides opportunities to those who may benefit most.

All participants are expected to participate fully in all activities.

ACCOMMODATION AND FOOD

- ! Our participants will be accommodated in rooms with private bathroom for 2–6 people of the same gender. There will be two people in one bed because the beds are designed as a matrimonial bed (double bed), but rest assured that they are big enough and each of you will have her/his own blanket.
- ! There is mobile signal and wi-fi connection throughout the establishment.
- ✗ No hair dryers, no fridge, no iron. No laundry service in the hotel.

All meals (breakfast, lunch, dinner) are covered through the project and in some days we will have lunch packs.

We will have our meals at the guesthouse restaurant, serving fresh eco products from country side. Dietary needs such as vegetarianism as well as restrictions such as allergies will be taken into consideration as provided in the participation form.


Please be aware that the food provided may differ from what you're accustomed to, and even if we accommodate special dietary needs, it may not fully meet your expectations. Embrace the opportunity to explore Romanian traditional cuisine as part of our intercultural project.




Pensiunea Siady Vatra Dornei is a charming guesthouse located in the picturesque mountain region, ideal for youth camps. Surrounded by breathtaking mountains and pristine nature, it offers a peaceful and inspiring environment for participants to engage in outdoor activities, team-building exercises and personal development. The natural beauty of the area provides a perfect backdrop for reflection, connection and learning, making it an excellent setting for the youth exchange program.


TRAVEL

Participants will arrive in Cluj-Napoca, at “Avram Iancu” International Airport (CLJ), **on the 23 of October 2025**. From Cluj-Napoca, we will travel together to Vatra Dornei by **a rented bus (the cost of the bus will be deducted from participant’s travel budget)**. The trip will take approximately 3 to 4 hours, so please make sure you will bring extra snacks and water for the entire journey to stay comfortable!

 **We are planning to leave from Cluj-Napoca airport (meeting point) at maximum 6 pm (18:00)**. We will share additional details regarding the meeting point and departure time closer to the date. Please note that the latest departure time from meeting point to the venue (Siady Guesthouse) will be 6:00 PM (18:00).

The departure back to Cluj-Napoca Airport will be on the **2nd of November 2025**, around **midnight (by the same rented bus)**. **The participants flight back home need to be after 8 AM on the 2nd of November 2025**. We will travel overnight to arrive in Cluj-Napoca airport early on the 2nd of November, ensuring that those with early flights have enough time to catch them (the departure hour by bus from project venue depends on the first departing hour from CLJ).

 **VERY IMPORTANT:** Participants should not buy the travel tickets before getting the approval from the hosting organization in order to make sure that the travel can be done. The travel tickets can be only bought after we confirm the flight itineraries.

 **No Visa is required for EU citizens; participants will need to have only a valid ID card or international passport.**

You can stay 1-2 days before/after the mobility in order to visit Romania, but you have to pay by yourself for those extra days.

REIMBURSEMENT

TRAVEL DISTANCE	NON-GREEN TRAVEL	GREEN TRAVEL
10 -> 99 KM	28 EURO	56 EURO
100 -> 499 KM	211 EURO	285 EURO
500 -> 1999 KM	309 EURO	417 EURO
2000 -> 2999 KM	395 EURO	535 EURO
3000 -> 3999 KM	580 EURO	785 EURO
4000 -> 7999 KM	1188 EURO	1188 EURO
8000 KM or more	1735 EURO	1735 EURO

For the reimbursement, the participants must keep all the tickets, **boarding passes, invoices, bank statements and other travel documents.**

ALL THE DOCUMENTS NEED TO BE PRINTED (NO PHOTOS OR SCAN)!

All the physical tickets that you will buy on your way back home you need to send them by post. We recommend you to buy all the tickets online and to make the check-in for flights online.

We will reimburse the travel costs when EVERYONE from your country group finish the dissemination (and send us the proofs) and you send us all the travel documents.

The coordinating organization will make all the payments via bank transfer in the bank accounts of the sending organizations, according to the rules of Erasmus+. Also, we want to inform you that we are going to make one bank transfer for each country (for all participants).

We do not cover taxi or personal car transport costs.

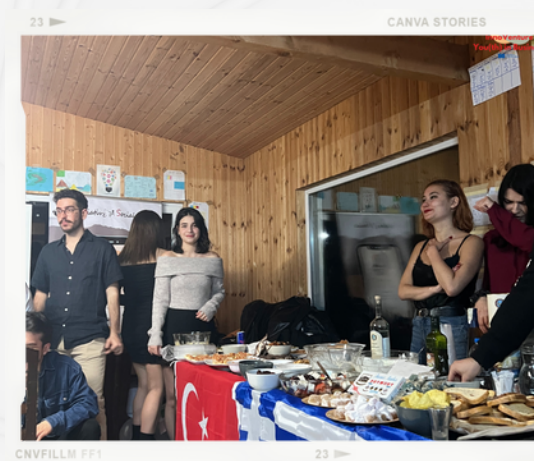
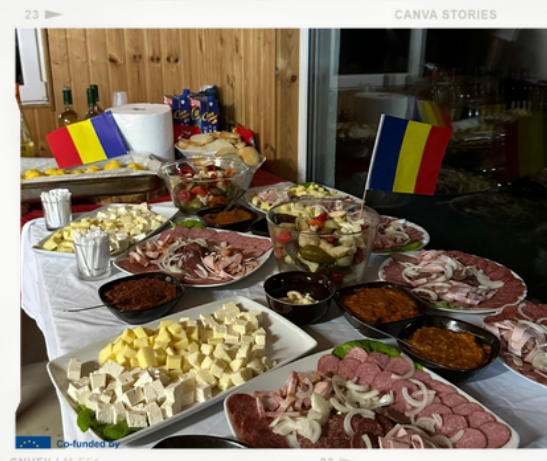
For green travel, participants should travel either by BUS, TRAIN or CAR POOLING.

TRAVEL COSTS ARE REFUNDABLE FOR PARTICIPANTS WHO ATTEND ALL THE SESSIONS, COMMIT THEMSELVES FULLY TO THE ACTIVITIES AND PROVIDE ALL TRAVEL DOCUMENTS REQUIRED. IT TAKES 2 - 3 MONTH MAXIMUM (IT DEPENDS ON HOW QUICKLY WE RECEIVE ALL THE REQUESTED TRAVEL DOCUMENTS)

IN ORDER TO CALCULATE YOUR ERASMUS+ DISTANCE BAND YOU NEED TO ACCESS THIS LINK.

PREPARING FOR THE PROJECT

- **Research about employability among young people in your country. Each national group involved in this youth exchange have to be ready to share with the others the status of youth on the labor market from their countries.**
- **Due to the mountain location, prepare yourself for temperatures between 5°C and 9°C or lower (0°C) during nights.**
- **It is very important to bring your necessary medication, if needed.**
- **We encourage you to bring at least 2 laptops per country (if possible, you will need it also for some activities).**
- **Bring your own slippers. Do not forget to take your personal hygienic products.**
- **Participants are required to have a travel insurance for the whole duration of the project. This is required for your safety and health. Travel Insurance is not provided and will not be reimbursed by the organizers. Participants are responsible to get their own travel insurance for the duration of the project. Travel insurance is mandatory. Bringing your European Health Card is not enough.**
- **Some gastronomic specialties (food and/or drinks) for the Cultural Evenings! We will have traditional evenings during the project. You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks... and so on! Also, you can show videos, photos, sing music and dance traditional dances from your countries!**



We are looking forward to see you in Romania!

For more general details about Romania you have to click [here](#).



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If you have any questions, please contact us on the following e-mail: initiative.sociale@gmail.com or contact your sending organization.