



Co-funded by
the European Union

YOUTH EXCHANGE



YOUNG VOICES,
BIG CHANGES



8-17.07.2026

PREDESTI, CRAIOVA,
ROMANIA



INTRODUCTION



AIM OF THE PROJECT

The aim of the project is to raise awareness among young people about the importance of democracy and active participation, encouraging young people to engage in civic life and contribute to decision-making processes. The project will provide young participants in the youth exchange with the skills needed to promote democratic values, political engagement and active citizenship through the exchange of ideas and experiences between international groups from Romania, Hungary, Poland, Bulgaria and Czechia.

INTRODUCTION



OBJECTIVES

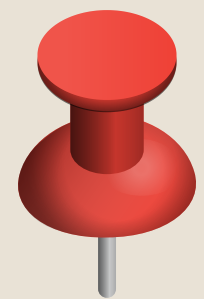
1. Provide 35 young people and 5 leaders from 5 countries with practical knowledge and skills on democratic principles, active citizenship, and political participation through non-formal activities such as workshops, group discussions, and roleplaying activities, over the course of 8 days.
2. Promote intercultural cooperation by exploring and sharing experiences and practices related to democratic participation in different cultural contexts, fostering a network of people who can exchange best practices on encouraging youth involvement in democratic processes.
3. Guide participants in understanding the link between democracy, active citizenship, and social change, using non-formal education methods to focus on democratic values, youth engagement in decision-making, and ways to promote active participation in local, national, and European contexts.



PARTICIPANT PROFILE

- 35 young people aged 18–30 (7 per country) and 5 group leaders 18+ (1 per country)
- Young people from both urban and rural areas, with different social, economic, and educational backgrounds.
- Special priority will be given to young people with fewer opportunities, including those facing social, economic, educational, or geographical barriers. **At least 3 per country.**
- Some participants will already have experience in civic engagement or volunteering, while others will be new to these activities, encouraging peer learning and exchange of experiences.
- Group leaders will have experience in non-formal education, youth work, and group coordination, as well as good English communication skills.

→ ACCOMMODATION



Pensiunea Merele de Aur
Str. Valea Merilor nr 32 A, comuna
Predesti, Dolj county

Located near the city of Craiova, Predesti is a peaceful village in Dolj County that offers a welcoming and authentic environment for learning, connection and personal development.

Accommodation, meals, coffee breaks and materials will be fully covered by the hosting organization through Erasmus+ Programme.

Accommodation will be in shared rooms of 3-4 people by gender.





TRAVEL

08.07.2026 and 17.07.2026 are the travel days. From 09.07.2026 to 16.07.2026 are for activities.

Reimbursement will only be processed upon receiving all the original travel documents (including return tickets), receipts, invoices, and boarding passes. Reimbursement is done only into the account of the partner NGO after the dissemination of all the participants.

Participants must gather all documents related to travel expenses (original invoices and tickets with traveler names, journey details, costs, currency, travel dates, and proof of payment). We encourage participants to choose environmentally-friendly travel options.



Participants are allowed to travel maximum 2 days before or 2 days after the official project dates, but please note that accommodation and meals are only covered during the project dates. If you plan to arrive earlier or leave later, you will need to cover those extra days on your own.

 **VERY IMPORTANT:** All travel tickets must be approved by the hosting organization before purchase.


Tickets that are not approved in advance will not be reimbursed under any circumstances. Please send your travel plan to us before booking anything, and wait for our green light!


HOW TO REACH THE VENUE

We recommend booking your flights to one of these airports:


-  Craiova International Airport (CRA) - the best option if you have good connections.
-  Henri Coandă Bucharest International Airport (OTP) - largest airport, well connected (approx. 3-4 hours by bus or train).


Getting to Craiova by train:

 If you're arriving in Bucharest, there are plenty of direct trains every day from Bucharest North (Gara de Nord) to Craiova. The journey takes about 3 to 4 hours.

 You can also choose FlixBus, which offers daily connections between Bucharest and Craiova, with affordable prices and flexible departure times. The journey takes about 3 hours.

Official site of Romanian trains: <https://mersultrenurilor.infofer.ro/en-GB/Itineraries>

 The accommodation is located in Predesti, near Craiova. Depending on the arrival time, participants will be picked up directly from Craiova Train Station by bus and transferred to the accommodation. At the end of the project, transportation will also be provided from the accommodation back to the train station for the departure.

 We encourage participants to consider carpooling as a green travel option - it's eco-friendly, cost-effective, and a great way to bond before the project! **Carpooling is eligible for green travel reimbursement if there are at least 3 people traveling together.** If you are travelling by car, you can go directly to the accommodation, where the team will be waiting to welcome you.

In case of need, the location of the accommodation is here: <https://maps.app.goo.gl/CZAKB67FxvMCAGSWA>

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

According to Erasmus+ rules, each participant is entitled to a maximum reimbursement for travel costs, based on the distance between their home country and the venue. Below are the maximum amounts reimbursable per participant (based on return travel). If your travel cost exceeds the maximum amount, the extra cost will not be covered.

In order to calculate your erasmus+ distance band you need to access this [link](#).

IMPORTANT! Participants from **Bulgaria and Hungary** are required to travel green, while we also strongly encourage participants from Poland and the Czech Republic to choose environmentally friendly means of transport whenever possible.



INTERCULTURAL EVENINGS

One of the most exciting parts of our project will be the Intercultural Evenings, where each national group will have the chance to present their culture, traditions, and creativity! This is your moment to shine and share your country's uniqueness - from fun facts and history to music, dances, and games. Be as creative as you want!

What can you bring?

- Traditional snacks or drinks (please avoid liquids in hand luggage!)
- Music, dances, or small performances
- Fun quizzes, short videos, or even traditional clothes
- Flags, souvenirs, or decorations for your country corner

It's not about being perfect - it's about being together and learning from each other.



