



*Empowering young people*



Erasmus+

**Changing Lives. Opening Minds.**

## **ZOOM Outdoor for healthy lives**

2014-2-RO01-KA105-002591

12.06. 2015-23.06.2015

Borzont, Romania



Great things are done when men and mountains meet;  
This is not done by jostling in the street.

- William Blake-

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*Dear friends and partners,*

Centrul pentru Cooperarea Tinerilor- Moldova

Jeugd en Maatschappij – Netherlands

Mladinska Asocijacija IMKA Bitola- Macedonia

YMCA na Slovensku- Slovakia

Ognisko Zwiazku Mlodziezy Chrzescijanskiej Polska YMCA w Kurnedzu - Poland

YMCA Romania Federation is gladly inviting you to „ZOOM Outdoor for healthy lives” training course , a project funded by Erasmus Plus Program, project nr: 2014-2-RO01-KA105-002591

*In this information letter you will find information you might need about this training, including the goal, the program and the practical information about accommodation, dates, partner countries included, financial conditions and others. Attached you will find the application form for this youth mobility project- training course.*

*We hope to answer all your questions and we are looking forward to see you in Romania in the middle of June 2015!*



### **What?**

**"ZOOM Outdoor for healthy lives"** is a 10 days training course designed to train 24 young leaders from 6 European countries: Netherlands, Slovakia, Poland, Moldova, Macedonia and Romania, into creating and managing camp programs for youngsters.

The main activities are planned to take place between 12<sup>th</sup>-23<sup>rd</sup> of June 2015 in Romania, near

the city Gheorgheni, in the rural area Borzont.

The main objective of this project is to develop or improve skills among the participants, in order for them to manage camps more professionally. We believe that these leaders are the business card of each organization and their skills, competences and preparation reflect directly on the services the organization offers.

### **Why?**

Our project suggests a new and unique combination of methods and tools, which aims to develop physical, emotional, social, promotional and artistic/creational skills for its participants,

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equipping them, in the same time, with practical knowledge, information and tools for improving their work.

The novelty-innovation of this project is that it uses two major and different working methods- outdoor and media- and combines them harmoniously into a 10 day training course, with clear objectives, with an interesting and challenging timetable, with completely different and various techniques but which work together very nicely and efficiently in this context.

*During the training we will create together a manual of working tools, video tutorials of working tools (uploaded for free on all our sites) that will be available for everybody interested in different tools and activities for camp programs.*

### Objectives

- improvement of skills and key competences of young people, intercultural dialogue, social inclusion through learning mobility of those actively involved in youth work and youth organizations through strengthened links between youth field and labor market;
- fosters quality improvements in youth work through enhanced cooperation between youth organization and other stakeholders
- enhance the international dimension of youth activities and the role of youth workers and organizations as support structures in complementary with EU`s external action, in particular through the promotion of mobility and cooperation between organizations from Programe countries and Partner countries and international organizations and through targeted capacity building in Partner countries.



### Program Priorities set:

- promoting young people`s social inclusion and well being
- promoting healthy behaviors, through the promotion of outdoor activities and healthy lifestyles to foster social inclusion and active participation of young people
- developing basic and transversal skills, such as entrepreneurship , digital skills and multilingualism in the field of youth using innovative and learner centered approaches
- enhancing ITC uptake in youth work and non formal learning

The outdoor component will **develop the following three categories of skills and competences:**

- **Physical:** by practicing sports and physical activities in open spaces, understanding the importance of oxygen circuit through the body and learning to challenge muscle groups in a correct and healthy way.

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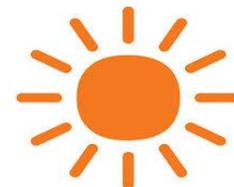
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-**Emotional**: by understanding that physical practice sets a series of chemical substances in our body, making us feel happy, satisfied, energized and more focused. By learning to use these positive emotions created through exercising, youngsters would become more and more motivated to engage into physical activity in order to feel better, be healthier and more productive.

-**Social**: by improving communication and expression, empathy, leadership skills, team-player roles, responsibility, respect, the sense of fair competition.



The media component will **develop the following skills and competences**:

- **Technical skills**: using specialized photo and video equipment, software for filming, cutting, editing and effects.

- **Promoting and advertising skills** such as: learning to use social media as a tool for promoting projects, programs and events, learning to use blogging portals and online mood boards in order to reach more potential beneficiaries and to increase the organizations visibility, learning to create promotional contents like posters, flyers, letters and spots.

- **Creativity by challenging** the participants to use their imagination and artistic sense/skills together with the technical skills mentioned above in order to create media contents. They will improve their knowledge about colors, lights, shapes and proportions.



### Who can participate?

This is a training for experienced youth workers, holding or aspiring to leadership positions in their own programs, we suggest that the **age limit for participants should be over 20**. However, *solid applications which meet all the selection criteria but are aged under 20, will be taken into consideration in order to provide equality of chances for youth working in this sector.*

Gender distribution will be one of the main focus points in selecting the participants, as we strongly believe that a balanced group could provide a proper training environment by increasing the sense of equality and equity throughout the project.

Participation from the beginning till the end, in each part is essential in order that each individual and the whole group gets the maximum out of it. For this purpose, it is not allowed to come later, leave earlier or miss program parts. There are no further selection criteria for this training. Basically all young people who match the above criteria, and are interested to improve



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the quality of their lives, their work, develop inclusive methods and programs or environment are welcome to join.

The partners will send the application forms of their participants and our team will send the confirmation letters to those who fits the criteria and profile mentioned above.

**Do not buy your tickets till you get the confirmation letter!**

If you are selected for the training you will receive a confirmation letter. If you have received this letter you can start arranging your travel. In the letter you will also receive the travel information and a list of things you need to bring with you. After you received the confirmation letter you can arrange your travel. Your registration is final when you arranged your travel and send us your arrival and departure times for the training. Take care that you arrive before the start and leave after the end of the program. Arrival or departure after or before the program times of the training is not accepted. The training is a whole, start and closing.



**Methods**

The methods used in the training are non-formal education ones such as: experiential learning, interactive presentations, outdoor practical activities, media usage. These methods were selected due to their efficiency and the fact that they fit the objectives and goal set for this project. The main framework of methodology will be "learning by doing" and within it we will encompass the outdoor and media techniques in order to create an interesting, innovative, creative and productive learning environment.

The outdoor component intends to offer participants content and tools for developing their own programs in the partner organizations. By understanding and practicing the achievement of these physical, emotional and social skills, participants will be able to bring more quality, structure and diversity to their regular recreational camp programs or events, other projects that involve outdoor activities. By enhancing these skills our participants will learn how to use open space exercises and processes in order to build physical and mental strength, will learn how to manage their energy and emotions, how to overcome their limits, fears and inhibitions, how to be more structured, organized and disciplined.

The media tools and techniques used in this training are so various that is it very probable for each participant to identify something they really enjoy doing and which they can use in developing a personal portfolio, CV or even set the base for their own start-up project.

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### Team

The team of trainers, co-trainers and facilitators is from Romania together with leaders and youth workers from Republic of Moldova, Netherlands, Poland, Slovakia, Former Yugoslav Republic of Macedonia - with a lot of experience in delivering trainings and work with groups, developing the program and the methodology in order to bring out results – individual and group successes - and serve the objectives and the purpose on the project. The team creates the frame and support the learning process by questions, explanations, debriefs and a variety of activities that all provide a unique event. Your role is to take part, to go for the challenges, to experience the situations created, enjoy and learn.



### Dates

ARRIVAL DAY	12 June 2015 ( till 6 pm)
START OF THE PROGRAMME	12 June 2015 ( from 7 pm)
END OF THE PROGRAMME	22 June 2015 ( till 10 pm)
DEPARTURE DAY	23 June 2015( before 11 pm)

*Before booking your tickets please inform the organizers. If you plan to arrive earlier or leave later, and you need support with arranging accommodation, let us know. We can support you. Your stay during the days not included in the program project will not be paid by the organizers.*



### Venue

The training will take place in Romania, Borzont village, near the city Gheorgheni– Harghita county in Eastern Carpathians. The village is situated about 350 kilometres from Bucharest, the capital of Romania, 200 kilometres from Cluj Napoca International Airport.

There are regular buses from Cluj Napoca to Gheorgheni/Borzont and from Bucharest – Gheorgheni/ Borzont.

Close surroundings:

Bicaz Canyon - [http://en.wikipedia.org/wiki/Bicaz\\_Canyon](http://en.wikipedia.org/wiki/Bicaz_Canyon)

Red Lake- [http://en.wikipedia.org/wiki/Red\\_Lake\\_%28Romania%29](http://en.wikipedia.org/wiki/Red_Lake_%28Romania%29)

Praid Salt Mine - <http://www.romanianmonasteries.org/romania/praid-salt-mine>

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*Accommodation will be in a wooden pension in the village of Borzont, with rooms of 2 -4 beds  
Further information about accommodation and travelling options will be sent to you with  
confirmation letter after your application.*

### Program

The training has 12 days together with the arrival and departure day. So, 10 days of training itself.

**-Day 1-** On arrival, the participants will be greeted by the training team and given help to settle in. In the evening, we will have dinner, an informal welcome and start of activities.

**-Day 2** -starts with an introduction of the project with its objectives, working methods and techniques, the team, the Erasmus+ Program and the participants.

**-Day 3-4** -will focus on theoretical and practical workshops about the art of photography and video making

**-Day 5** -reserved for promotion and advertising; participants will be introduced to various social media platforms, blogging platforms, online pin boards, TV and radio advertising, and will learn to use all this for promoting projects, events and organizations.

**-Day 6** will imply a combination between the media tools provided in the previous days and outdoor exercises suitable for camp programs , and they will also film these activities. The purpose is to use the media skills they now have, in order to create video tutorials of how to implement each exercise.

**-Day 7** – the participants will share best outdoor activities among each other by designing their own workshops. These workshops will be also filmed in order to make other tutorials.

**-Day 8-** focused on developing social and emotional competences through outdoor activities

**-Days 9 and 10** – outdoor activities and interaction with local community. The evening of day 9 will consist of a public event which aims to present the multicultural side of the project to the local community, and to raise awareness of all the issues addressed by it.

**-Day 11-** evaluation and future plans day.

**-Day 12** -departure day for the participants and the team.



### Cost

YMCA Romania covers the following costs:

-accommodation, food, the costs of the program, travel costs reimbursed accordingly with the approved budget (based on EU distance band calculator), visa costs within max limit amounts listed

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Please note those arriving from EU countries should have their European health card. Those from Non-EU countries should organize their own insurance. Please note these expenses will not be reimbursed by the project.

#### Travel and visa costs

- travel costs reimbursed accordingly with the maximum limit of approved budget (based on EU distance band calculator)

COUNTRIES	NUMBER OF PARTICIPANTS	MAXIMUM TRAVEL COST/PERSON/ EURO/
Romania	6	180
Moldova(Republic of)	4	180
Netherlands	3	275
Former Yugoslav republic of Macedonia	4	275
Slovakia	4	275
Poland	3	275

#### Conditions of reimbursement

By law and the funding rules of the Erasmus Plus Program we need to keep certain administrative procedures. We are asking for your support and cooperation in keeping these rules. **Please make sure that you read and understand the conditions and the procedure.**

- save your original tickets and receipts, invoices and all related documents, because you can only get reimbursement for costs of which you can prove the amounts with original tickets and receipts. Only the amount written on the ticket will be reimbursed – that is, if you want your return ticket to be reimbursed, you have to give it to us. **ALL the following ORIGINAL documents will be needed:**

- all your tickets and boarding passes
- invoices of buying your tickets
- passport or ID
- official document from the bank or travel agency stating the proof of paying the travel tickets.

The same rules apply for visa.

**What is an invoice?** This is a document, signed and stamped by the seller. The invoice of flight ticket must contain your **name, the starting and finishing place and the date of the journey and the price of the ticket.** Whatever official is your paper, if these data are not on it, you **cannot** get it reimbursed!!! Use your name from your passport, no nicknames! **An e-ticket is NOT an invoice!**

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*If necessary, call the airline/train company/etc., explain them the situation and ask them to give you a receipt/invoice with the data given above. If you buy tickets online, take care that you tick the box indicating that you want an invoice, and you fill in the address of YMCA Romania Federation where the invoice has to be sent by the airline company*

**Applying – Selection – Confirmation**

Deadline: 1 May 2015 to send application to [office@ymca.ro](mailto:office@ymca.ro) or to your country responsible person.

**Contact person responsible for your countries and partner organization**

<b>COUNTRY</b>	<b>PARTNER ORGANIZATION</b>	<b>PERSON RESPONSIBLE</b>	<b>CONTACT</b>
Romania	YMCA Romania	Alina Pop Alexandra Canta	<a href="mailto:office@ymca.ro">office@ymca.ro</a>
Moldova	Centrul pentru Cooperarea Tinerilor	Dumitru Roibu	<a href="mailto:Dima.roibu@gmail.com">Dima.roibu@gmail.com</a>
Netherlands	Jeugd en Maatschappij	Katarina Hommel Jarl Everaart	<a href="mailto:katkakretka@gmail.com">katkakretka@gmail.com</a> <a href="mailto:jarl.everaart@hotmail.com">jarl.everaart@hotmail.com</a>
Macedonia	IMKA Bitola	Viktor Iliev	<a href="mailto:viktor@ymcabitola.org.mk">viktor@ymcabitola.org.mk</a>
Slovakia	YMCA na Slovensku	Dalibor Perasin Zuzana Konecna	<a href="mailto:gs@ymca.sk">gs@ymca.sk</a> <a href="mailto:zuzana@ymca.sk">zuzana@ymca.sk</a>
Poland	Polska YMCA	Tomasz Wasko	<a href="mailto:tomasz.wasko@ymca.pl">tomasz.wasko@ymca.pl</a>

**SEE YOU  
SOON!**

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