



**Dear YMCA Friends,**

## **Welcome to Camp HarmonY 2 !**

The moment we will all meet for the camp is approaching and we would like to share some general information. YMCA Romania develops programs in terms of standards, regarding planification, implementation and evaluation of summer camps, following best practices used on global levels (specifically YMCA USA Camps - part of American Camp Associations Standards), the YMCA having over 125 years of experience in creating and structuring camp programs for children and teens.

Since this is an international camp bringing 3 countries together we decided in 2022 to brand this camp as "**HarmonY**".

We chose this name because it's an important word for us and symbolises peacefulness and agreement with each other. "*Ha*" in Greek and in Romanian means - God given gift.

Camp **HarmonY** is organised by **YMCA Romania** in partnership with **YMCA Ukraine and YMCA Moldova** and funded by **YMCA Europe as a "YMCA Camp Europe Initiative"**

The camp will take place between the 14th of August 2023 (arrival day - till midday) and the 19th of August 2023 (departure day) in Ungureni village, Maramures county, Romania.

We plan to have:

- YMCA Ukraine – 20 persons, out of which at least 15 kids and young people with age between 10-16 (internally displaced people, kids and young people affected by war); the other maximum 5 will be leaders
- YMCA Moldova – 10 persons, out of which at least 6 kids and young people with age between 10-15 (Ukrainian refugees – if possible, Moldovan kids and young people); the other maximum 4 will be leaders
- YMCA Romania – 20 persons, out of which 14 kids and young people between the ages 10-16 (Ukrainian refugees , Romanian kids and young people); the other maximum 6 will be leaders.

## **Overnight Camp in Ungureni village, Maramures, Romania: 14-19 August 2023**

### **1.Preparatory process: 15 June 2023-05 August 2023**

*a) Kick off and preliminary agreements – 15 June 2023- 15 July 2023*

-creation of info letter with all the details related to accommodation, place, general rules sent to partners, selection of each National YMCA of the campers and leaders, finding best routes for

the transportation, discussion with companies, online meetings regarding the entire procedure- Kick off meeting – agreeing terms, creating forms, questionnaires, etc



#### *b) Activity content and responsibilities-15 July – 10 August 2023*

- Camp leaders from the 3 partners meet online and create the content of the activities, taking responsibilities about different roles in the camp, as well facilitating, building together the camp schedule. All activities will be described and the project will have a shared cloud, all organisations having access to write, comment, share, give feedback, in this way at the end of the camp we will have standards /procedures for an international camp (HarmonY especially- but can be used and adapted also to other international camps); Finalising all agreements with partners, agenda, Red Cross, Tshirts, purchasing materials, etc, arranging transport, sending the lists with the delegations to YMCA Romania camp coordinator/project manager.

### **2.Implementation - 14-19 August 2023**

- coordinating the YMCA Ukraine team, YMCA Moldova and YMCA Romania team to arrive at the accommodation till noon on 14.08.2023
- implementation of camp activities
- mid term (after 2 days) and final Evaluation of the camp with campers and leader on spot – verbally through non formal method + online questionnaire filled on spot
- gathering all documents of the partners related with transport (if possible, doing the cash reimbursement for YMCA Ukraine and preparing the reimbursement for YMCA Moldova)

Standard daily program

8:30-9:45 - Raising the flag, breakfast, cleaning

9:45 -13:00 - Learning Camp Activities

13:00-15:00 - Lunch and Siesta

15:00-18:30 - Interactive Fun Camp Games

19:00-20:00 - Dinner & Lowering the Flag

20:00- 21:30 - Camp Evening program

21:30-22:00 - Tap Talks & Bedtime - Lights out

Only for the camp team: 22:15-23:15 – Evaluation of the day and brief about next day activities.

### **3. Evaluation 20 August -20 September 2023**

- Evaluation between partners - online questionnaire
- Finalising all payments and reimbursements with the service providers, partners, transport, etc
- Creating video testimonials from all partners and campers regarding the joint experience – These can be used not only as dissemination of the camp impact ad results but also as promo for the next edition of HarmonY Camp.
- Discussion for the next phases – follow up - 3 rd edition, maybe in different set up, to start preparation from 1St of January 2024, fundraise and continue to momentum and the capacity building process around camp of all 3 YMCAs.

### **4. Reporting – 20 September – 20 October 2022**

Based on the entire process, on the evaluation forms, testimonials, invoices and bills, received from all partners, YMCA Romania will do the report, narrative and financial and will send it to YMCA Europe.



An album and shared media folder of the camp will be created and share with partners and funders/donors/supporters.

- **Campers:** 35 kids and young people (**age 10-16**)
- **Leaders: 15 persons (age 17+)**; at least 90% being young people with age between 17-30 years old.
- Ukrainian campers: min 20 (15 from Ukraine, 5 Ukrainian refugees from Romania)
- Ukrainian direct beneficiaries (campers, leaders, IDPs, refugees) – min 25 persons adults/leaders

Age groups: 10-13; 14-16 - for campers

Location: <https://podinaresort.com/ro>

Activities will done in English, Romanian, Ukrainian

Number of campers: 35, maximum 41

### **Themes that we will approach during the camp:**

- ❖ Peace & Harmony
- ❖ Tolerance
- ❖ Resilience
- ❖ Adaptability
- ❖ Connecting with nature and to others
- ❖ Values
- ❖ Character development
- ❖ Recognising and managing emotions
- ❖ Validation
- ❖ Teamwork
- ❖ Creativity
- ❖ Diversity

### **The core competencies pursued through the Camp Program**

Solidarity

Humanity and dignity

Tolerance

Resilience

Interculturalism

Reconnecting with people around us to develop a harmonious relationship

Connecting with nature and exploring the contexts it offers

Confidence and self-esteem

Personal example

Teamwork

Reflective listening

Leadership

Values



Problem solving and decision making

### **YMCA "Vision 2030"**

Our shared vision is *to build a just, sustainable and equitable world where every child, youth, adult, senior can thrive - body, mind and spirit.*

Activating the YMCA Vision 2030 strategy (<https://www.ymca.int/about-us/vision-2030/>) - a commitment assumed by all YMCAs around the world - we aim to apply in our camps the pillars -Community Wellbeing, Sustainable planet and Just world, enriching and integrating the camp experience into everyday life!

*The "Vision 2030" strategy, adopted in July 2022 in Aarhus, Denmark, represents our promise to young people and to the planet.*

### **Thus, through the camp program we aim to:**

- ❖ **Provide safe spaces for mind, body and spirit** by creating programs that harmoniously support the development of children, youth and communities in terms of their physical, spiritual and mental health
- ❖ **Support the empowerment of children and young people** in terms of interaction with the environment by integrating components of climate education
- ❖ **Empower children and young people** to become peacemakers by educating them in the spirit of promoting and supporting diversity, equity, inclusion, human dignity.

### **Safety, Protection and wellbeing**

- ❖ Camp team - senior leadership: fully vaccinated against COVID-19 and/or have been through the disease
- ❖ Most of the activities will take place outdoors, only in exceptional cases will they take place indoors
- ❖ The campers will be received in the camp according to the declaration of responsibility signed by the parents / legal guardians;
- ❖ We will continue the procedure of disinfecting the hands, disinfecting surfaces, etc.
- ❖ Within the team, we have a staff member who is also certified Health Officer
- ❖ Providing translation for Ukrainian children so that they feel included and valued
- ❖ The YMCA team has experts in working with children and young people, thus being able to emotionally support and take care of the campers
- ❖ For the YMCA Romania, safety, child protection, and the physical and emotional well-being of children and youth campers and the team are sine qua non principles and conditions in the conduct of all activities and programs.
- ❖ A child has all the prerequisites to become successful if they develop healthy, sincere, open relationships and feel appreciation. They feel in control of their life.
- ❖ Connecting with others, the freedom to make friends, overcoming obstacles as well as validation and valorisation are 4 essential aspects for the child's future, leading to their success to overcome obstacles and reach far in life. Connection, trust, a sense of



importance, and courage result in self-confidence, responsibility, fulfilment, and happiness.

- ❖ Connecting with others helps the child to be independent, to constantly create new connections, to socialise easily, to work in a team, to collaborate with others in order for everyone to reach the desired result.
- ❖ Moreover, connecting with others teaches them empathy, but also the fact that great results can be obtained in the team, and the competition has nothing to do with beating the other, but with attracting him/her to your side, for an even stronger team.
- ❖ The confidence that they can take care of themselves helps children to feel strong. Courage is born of experiments, expeditions, the freedom to try and make mistakes, to see what it means to start over. Not to be afraid.
- ❖ It is imperative that we help the child feel important. It is necessary to show the child his/her qualities, to focus on them, to highlight them and support him/her to improve them, we show him/her that it is important, it matters and he/she can do anything.

### **Connecting the child with nature**

- ❖ Stimulates children's senses, which leads to good brain development.
- ❖ It encourages curiosity, questions and exploration, leading to mental development.
- ❖ It encourages self-expression, exploring the inner world and connecting with others, and empathy.
- ❖ It supports a healthy and strong immune system as well as decreasing the inflammatory process.
- ❖ Increases flexibility and skills related to gross motor skills.
- ❖ Improves good mood, reduces depression and chronic fatigue.
- ❖ Develops resilience.
- ❖ Increases problem-solving ability.
- ❖ Improves social skills.
- ❖ Increases adaptability and learning through experiential learning.
- ❖ Increases self-confidence and reduces stress.
- ❖ Decreases the risk of developing psychiatric disorders in adolescence and adulthood.
- ❖ Like the cognitive, motor, language, social and emotional development, one can speak of a moral development of the child, until he/she comes to guide his/her behaviour in the spirit of values. In order for a society to function at normal parameters, it is necessary for each individual to be guided by a set of values that imply respect for oneself, for others, for the environment and for the community.

### **Valuing human dignity and human/children's rights**

- ❖ Recognizing that all people have in common the same humanity and the same dignity, regardless of their specific cultural affiliations, status, abilities or circumstances.
- ❖ Recognition of the universal, inalienable and indivisible nature of human rights
- ❖ Recognizing that human rights must always be promoted, respected and protected.



- ❖ Recognizing that fundamental freedoms must always be protected unless it impedes or violates the rights of others.
- ❖ Recognizing that human rights provide the basis for coexistence as equals in society and freedom, justice and peace in the world.

### **Valuing cultural diversity**

- ❖ Recognizing that cultural diversity and pluralism of opinions, visions on the world and practices is a product of society and provides an opportunity for development for all members of society.
- ❖ Recognizing that all people have the right to be different and the right to choose their own perspectives, views, beliefs and opinions.
- ❖ Recognizing that people must always respect the perspectives, views, beliefs and opinions of other people, unless they seek to violate human rights and the freedoms of others.
- ❖ Recognizing that people need to listen to what they have to say and engage in dialogue with those they perceive to be different.

### **Values**

- ❖ Values are the ones that ensure identity, the manifestation of the self!
- ❖ Values - abstract notions that represent the meaning of good and evil, desirable and unacceptable. Although we like to believe that we choose our values - they are offered and internalised through socialisation: in the first instance, in the family, then from other contexts in which we enter. Values are essentially social - but a person can show a preference for certain core values.
- ❖ Character also involves the development of superior mental abilities, such as rational control of behaviours, emotions, and instincts, in the development of attention and motivation, the ability to organise and plan, initiative, and everything else. Dignity, altruism, nobility of soul, faith, responsibility, and all that make up the image of a person of character are the surest legacies we can leave to our children.
- ❖ The YMCA Romania places a strong emphasis on character formation and development among children and young people. Character development is a socio-emotional, cognitive and physical process that children and young people experience in a unique way from birth to career development. A successful development process meets the natural needs of children and young people, those of being loved, educated, healthy, competent, with their own spirituality / faith. All our activities will have as objective the development of character, the acquisition of values, the acquisition of skills (knowledge, abilities - set of behaviour / attitudes) specific to their age, to ensure that our juniors "when they grow up, will do what they want "and they will be extraordinary in their chosen field.



## Methodology

At YMCA Romania, we not only create a context of learning, fun, friendship, and adventure for children and youth, but we also focus on values and character development.

Education about our organisation's values - care, respect, honesty, responsibility, faith / trust and diversity is an integral part of every camp day. The entire camp team - seniors and volunteers - follow these values:

1. **Care** - to take care of ourselves and those around us
2. **Respect** - the golden rule, self-respect, respect for the team and for the campers
3. **Honesty** - to be honest and consistent in what we say and do
4. **Responsibility** - to do what is right and fair, to be responsible for the ideas expressed, actions and for our own and others' goods and for the environment
5. **Faith** - to trust in ourselves, in the good faith of others, in God
6. **Diversity** - to celebrate diversity in all its forms

So, we will play, we will experiment, we will test our limits, preferences and abilities, we will watch educational materials, we will meet "great people who were also small once" and we will learn from them how to grow beautifully, and, most important: we will have fun discovering things unknown about us!

All our activities will have as objective the development of character, the acquisition of values, the acquisition of skills (knowledge - skills - set of behaviours / attitudes).

During the camp, we will engage in different non-formal and informal activities, games, sports, intercultural events, and many more fun and leisure activities, while promoting the YMCA values. We will support a harmonious development from a holistic point of view: mind-body-spirit.

- ❖ **Experiential learning:** a method that involves performing practical tasks, seemingly out of context and that take participants out of their comfort zone, but which once completed lead to a series of conclusions and conceptualizations about their own personality and each trait. This method is applied in a variety of subjects with the main purpose of acquiring information and skills by practising them. The practice is always followed by a reflection on the learning process in order to give the campers the opportunity to internalise the information correctly.
- ❖ **Outdoor:** a method that involves outdoor activities with medium-high level tasks aimed at strengthening group cohesion, participation in decision-making, critical thinking, conflict resolution, overcoming personal obstacles by extending the boundaries of the comfort zone, managing resources and personal goals.
- ❖ **Stories** are an important part of childhood, contributing to the emotional and behavioural development of the child, providing role models in life. The stories we propose are created / adapted / chosen by specialists in child psychology and are meant to contribute to the growth of rational, empathetic, healthy and well-developed children from a psycho-emotional and behavioural point of view.
- ❖ **Interactive games** aim to strengthen relationships within and as a group. The guided interaction of the children follows the flow of experiences and information that takes place at the group level. With the help of these games, children will learn to

communicate to each other their emotions, desires, needs, to formulate questions and requests, to offer voluntary help, to get involved in decision-making processes. These games are designed to stimulate creativity, the thought process, leading to an easier understanding of the objectives / topics of the activities.

- ❖ **Role play & Theatre** is a widely used method in a child's emotional development. Role play creates the imaginary context in which the child can practice different behaviours or communication styles recently learned. This technique gives a realistic and credible note to the simulated situation, thus giving the child the opportunity to experience everyday situations and feelings in order to be aware of the impact of the way in which behaves and expresses itself, on the outcome of the situation. For the same purpose, forum theatre techniques will be used, which are very similar to role-playing games, but which will also offer the possibility to interrupt the script at any time to replace characters or to change past decisions and resume the action. These techniques have a great impact because they give the whole group the opportunity to get involved in the same story and to observe in a timely manner the consequences of the decisions they take and the actions they take.
- ❖ **Watching themed** material is a section dedicated to children's animations and movies that do not contain violent scenes or language. These materials have been carefully selected in order to provide an alternative to those promoted by the media, which most often have very strong aggressive messages presented in a very normal way. Our goal is not to compete with modern, captivating and interesting stories, but to highlight the fact that normalising the negative behaviours they promote is totally wrong and endangers children's health.
- ❖ **Creative workshops:** workshops to develop artistic skills (musical, drawing, painting, dance and theatre) in which children will be able to get acquainted with different instruments, sing, dance, draw, harmonise with each other, initiate collaborations, they will overcome their fears and realise their potential.
- ❖ **YMCA Olympics Day** - a program of Olympic-type competitions, with bootcamp games, which will lead to the development of motor skills (especially indicators of coordination, accuracy, fluency, speed, automation, etc.), but also understanding the concepts of competition fair, teamwork, fairness, fair play, corroborated with the related values: care, respect, responsibility, fairness. On this day we will have a trip, our team preparing an unforgettable day for campers but also for the volunteer counsellors and instructors involved!
- ❖ Sports and other physical activities - as the creator of 3 Olympic sports - basketball, volleyball, futsal - YMCA promotes a healthy lifestyle through active movement, bringing together children not only for fun and relaxation, but especially for the development of social skills, motivation, igniting in them values such as teamwork, fair play, integrity, honesty, competitiveness, creativity.
- ❖ Every day we will have **camp rituals** (opening the camp every day, songs, skits, inspirational, lunch, end of the day), and each activity will be completed with a **moment of reflection**, so that the children can reflect on the activity. - what they understood, what they felt, how they can apply in everyday life (in school, family, with friends)





### Standard daily program

- ❖ 8:30-9:45 - Raising the flag, breakfast, cleaning
- ❖ 9:45 -13:00 - Learning Camp Activities
- ❖ 13:00-15:00 - Lunch and Siesta
- ❖ 15:00-18:30 - Interactive Fun Camp Games
- ❖ 19:00-20:00 - Dinner & Lowering the Flag
- ❖ 20:00- 21:30 - Camp Evening program
- ❖ 21:30-22:00 - Tap Talks & Bedtime - Lights out

### Camp location

**In 2022** for the HarmonY camp we choose a popular wellness resort for its salt water - Sat Sugatag , in a natural setting for an excellent landscape beauty, at the foot of Gutai, a vast panorama where you could admire the Maramures mountains that close like a fortress wall

**For 2023** we went to the south of the Maramureş county in the region called Lăpuşului Country/Lăpuşului Land - a geographical and ethno-cultural region in the northwestern part of the Transylvanian depression, located in the Lăpuş depression, on the middle and upper course of the Lăpuş river, the main right tributary of the Someş. It has an area of 918 km<sup>2</sup>. It includes the communes of Băiuţ, Coroieni, Cupşeni, Groşii Şibleşului, Lăpuş and Suci de Sus.

*Lăpuşului Country shows "a strong personality".* From a geographical, ethnic and historical point of view, it represents the extreme northern area of Transylvania. However, it is rather a kind of "side area" of historical Maramureş, from where it borrowed a rich lexicon, numerous ethnographic aspects and an appreciable folklore repertoire. To all this is added a historical fact, i.e. documents attesting that a series of Lăpuş localities were founded by Maramures nobles around the XIV century.

### Other information:

- ❖ The accommodation is at <https://podinaresort.com/ro> , the sleeping arrangements being 2-4 persons in the same room, same gender, same group age, same country (if possible)
- ❖ 3 meals per day
- ❖ Travel reimbursement as follows:
  - **for YMCA Moldova** (travelling by cars from Chisinau to Podina Resort and back) the maximum amount of 275 eur.(The fuel is calculated according to the distance band [www.distanta.ro](http://www.distanta.ro) and according to Romanian law - at 7.5 litres /100 km ; the remaining expenditures are co-funding of YMCA Moldova ( bridge fees, remained fuel, vignette) -based on fuel receipts from the day of departure or max 1 day earlier.
  - **for YMCA Ukraine** - tickets , fuel receipts from the day of departure or max 1 day earlier., from home to the Romanian border/Solotvino - in the maximum amount of 325 eur in total; the remaining expenditures in Ukraine are co-funding of YMCA



Ukraine. *From Soltvino/Sighet border there will be transport provided by YMCA Romania by Minibuses.*

- **for YMCA Romania** participants coming from other cities than Baia Mare - tickets, fuel receipts from the day of departure or max 1 day earlier.- reimbursement calculated according to the distance band [www.distanta.ro](http://www.distanta.ro) and according to Romanian law - at 7.5 litres /100 km; for the participants coming from Baia Mare we will provide transport in minibuses.

More information about the accommodation you can find in this video on Youtube, is in Romanian, but the images speak for itself. <https://www.youtube.com/watch?v=fbsKk5V36Vc>

#### **What to pack and bring with you:**

- Towel
- Water bottle
- Hygiene products
- Bathing suit
- Comfortable closed shoes & flip-flops
- Hat/cap
- Comfortable clothes/sport, including long pants
- Rain jacket
- hoodie/jacket
- Backpack
- Medicines (if need it)

Registration Form for campers: [Camp HarmonY Registration Form - campers](#)

Registration Form for Leaders: [Camp HarmonY Registration Form - youth leaders and staff](#)

**Please register all the details in the Camp registration form for yourself and your group till 15 th of July 2023.**

*Looking forward to meeting you all in Romania on 14th of August 2023!*

*YMCA Romania Team*



HarmonY Camp 2022

