



Consiliul Județean  
Maramureș



**Dear YMCA Friends,**

**Welcome to Camp HarmonY 3.0 !**

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. “*Har*” 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 is funded by **YMCA Europe** as a “**YMCA Camp Europe Initiative**” (for international participants - **Ukraine** and **Moldova**) and **County Council Maramureș** ( for Romanian participants). *This year's camp benefits from the great support and participation of Ms Margaret Aymler - Day Camp Director YMCA Camp Duncan USA and Mr Bobby Thomas - Executive director YMCA Camp Cullen USA.*

***This project is implemented with the financial support of Consiliul Județean Maramureș (Maramureș County Council) and YMCA Camp Europe Initiative.***

The camp will take place between the 17th of August 2024 (arrival day - afternoon) and the 22nd of August 2024 (departure day) in Sugatag village, Maramureș county, Romania. In the 3rd year, we are going back to the first location, as village, in a new, spectacular location, in the forest.

### **Objectives**

- ❖ to create a safe space for campers and leaders where they can share, learn, be empowered,

have fun, create friendships, to be in harmony with self, nature and others - to create a network of camp practitioners who are working with refugees, and IDPs on a daily basis.

- ❖ to increase the capacity of all 3 organizations – increasing the quality of the program,

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teambuilding skills among the camp leaders, exchange of best practices and know-how, strengthening the international collaboration between YMCAs in the region, growing together.

- ❖ to strengthen the camp professionals network of the 3 movements – HR, programmatic, procedures, etc – having also the great support of YMCA USA camp professionals

Though all the project phases – meetings, creating the procedures, forms, exchanging ideas, practices, procedures, taking responsibilities and bringing at the common table own initiatives and activities, and standards – will be a learning by doing for all the 3 organisations, the leaders will develop their personal and professional competences (knowledge-skills – values-attitudes) and will support back home the development of own programs and quality services. The shared common values, the improved camp procedures, and policies/standards will foster the growth of the organisation – program wise, human resources wise, opportunity wise, etc.

Working together – supporting, learning on spot, feedbacking each other, working in team – will strengthen international collaboration, and our leaders will grow together, creating this platform/network and support system where they can turn to for professional advice and growth. From the call for the campers and leaders till the recruitment process and the implementation of camp itself and the follow up – our priority is to create a safe space for young people, as well for the leaders involved, to express their feelings, to bond, to learn, to have fun, to live in harmony with nature, others and to be balanced in body-mind-spirit.

### We plan to have:

- **YMCA Ukraine** – 15 persons, out of which at least 12 kids and young people with age between 12-17 (internally displaced people, kids, and young people affected by war); the other maximum 3 will be leaders;
- **YMCA Moldova** – out of which at least 3 kids and young people with age between 12-17 ; the other maximum 2 will be leaders
- **YMCA Romania** – 30 persons, out of which 24 kids and young people ages between 14-17 (Ukrainian refugees, Romanian kids, and young people); the other maximum 6 will be leaders.

### INDICATORS

- **Campers: 39 kids and young people (ages 12-16)**
- **Leaders: 11 persons (age 18+); at least 90% being young people with age between 18-35 years old.**
- Ukrainian campers: min 22 (12 from Ukraine, 10 Ukrainian refugees from Romania)
- Ukrainian direct beneficiaries (campers, leaders, IDPs, refugees) – min 26

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Age groups: 12-15; 16-17 - for campers  
Activities will be done in English, Romanian, Ukrainian

### **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 youth and communities in terms of their physical, spiritual and mental health
- ❖ **Support the empowerment of young people** in terms of interaction with the environment by integrating components of climate education
- ❖ **Empower young people** to become peacemakers by educating them in the spirit of promoting and supporting diversity, equity, inclusion, human dignity.

From planning, signed partnership, preparation, implementation, evaluation and reporting we will be guided by the RAFT ethical framework – suggests that implicit ethical messages affect 4 dimensions of human relationship – respect (does the way we do our work, the way we interact with other people communicate respect?); accountability (do people see that we take responsibility for how we do our work and how we engage with other people? Do people see that we are accountable for what we do and the effects of our activities?); fairness (does the way we do our work and engage with people display fairness?); transparency (does the way we do things and how we engage with other people send the message that we are willing to establish transparency?), as fundamental for our way to create, empower, enable our collective work and journey.



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### **Road Map of the YMCA International Camp Harmony 3.0 in Sugatag village, Maramures, Romania: 17-22 August 2024**

#### **1. Preparatory process: 20 June 2024-10 August 2024**

##### *a) Kick off and preliminary agreements – 20 June 2024- 15 July 2024*

-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- 1 July – 10 August 2024*

- 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, YMCA Camp Duncan, Tshirts, purchasing materials, etc, arranging transport, sending the lists with the delegations to YMCA Romania camp coordinator/project manager.

#### **2. Implementation -17-22 August**

- coordinating the YMCA Ukraine team, YMCA Moldova, and YMCA Romania team to arrive at the accommodation by 4 PM on 17.08.2024 August

-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 the spot

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

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

### 3. Evaluation 23 August -30 September 2024

- Evaluation between partners - online questionnaire
  - Finalising all payments and reimbursements with the service providers, partners, transport,
  - Creating video testimonials from all partners and campers regarding the joint experience
- These can be used not only as dissemination of the camp impact and results but also as a promo for the next edition of HarmonyY Camp.
- Discussion for the next phases – follow up - 4th edition, maybe in a different setup, discussion on the next steps for continuing the capacity building process around the camp of all 3 YMCAs.

### 4. Reporting – 30 September – 20 October 2024

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 shared with partners and funders/donors/supporters.

## Our Camp Program approach

### Connecting with nature

- ❖ Stimulates 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.

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- ❖ 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 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.

**Adapting the Do not Harm Approach** which is used in conflict-prone, active conflict, and post-conflict situations and helps in building a peace response, throughout the entire project – preparation, implementation( camp itself), evaluation and reporting we will create and enhance spaces and tools to minimise harm and support capacities to build peace

### Values

- ❖ Values are the ones that ensure identity, the manifestation of the self!

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- ❖ 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

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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,





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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

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- ❖ 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 Maramureș county in the region called Lăpușului Country/Lăpușului Land - a geographical and ethno-cultural region in the northwestern part of the Transylvanian depression, located in the Lăpuș depression, on the middle and upper course of the Lăpuș river, the main right tributary of the Someș. It has an area of 918 km<sup>2</sup>. **For 2024** we went back to Sugatag village, to discover an amazing place in the forest, up on a hill, where the traditional wooden houses are combined with modern utilities, a great place with delicious Romanian traditional food, rural lifestyle, nature, bio products, a great showcase of the Romanian and especially Maramures region hospitality. A House for ALL - nature, people, beauty, a place that nurtures body-mind-spirit.

### Other information:

- ❖ The accommodation is at **Location:** Casa Moroseneasca, Sat Sugatag, Maramures - [https://www.facebook.com/CasaMoroseneasca/photos?locale=ro\\_RO](https://www.facebook.com/CasaMoroseneasca/photos?locale=ro_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
- ❖ *Travelling is covered by the participants or partner organisation (Co-funding) , as follows:*
  - **for YMCA Moldova** - travelling by car from Chisinau to Casa Moroseneasca Resort and back - co- funding
  - **for YMCA Ukraine** - The travelling inside Ukraine from the home cities of participants/leaders till Solotvino/Sighetu Marmatiei border -co-funding
- Note\*:** *From Solotvino/Sighet border there will be transport provided by YMCA Romania by Minibuses on our expenses.*
- **for YMCA Romania** - travelling from home city to Camp location and back -co-funding
- ❖ **Arrival at camp location** : 17th august 2024 - 4 PM



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❖ **Departure from camp location:** 22nd august 2024 - 10/11 AM

**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)
- Sun screen
- Spray against ticks

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

Registration Form for Leaders: [Camp HarmonY Registration Form - camp leaders](#)

**Please register all the details in the Camp registration form for yourself and your group till 15th of July 2024.**

*Looking forward to meeting you all in Romania on 17th of August 2024!*

*YMCA Romania Team*



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