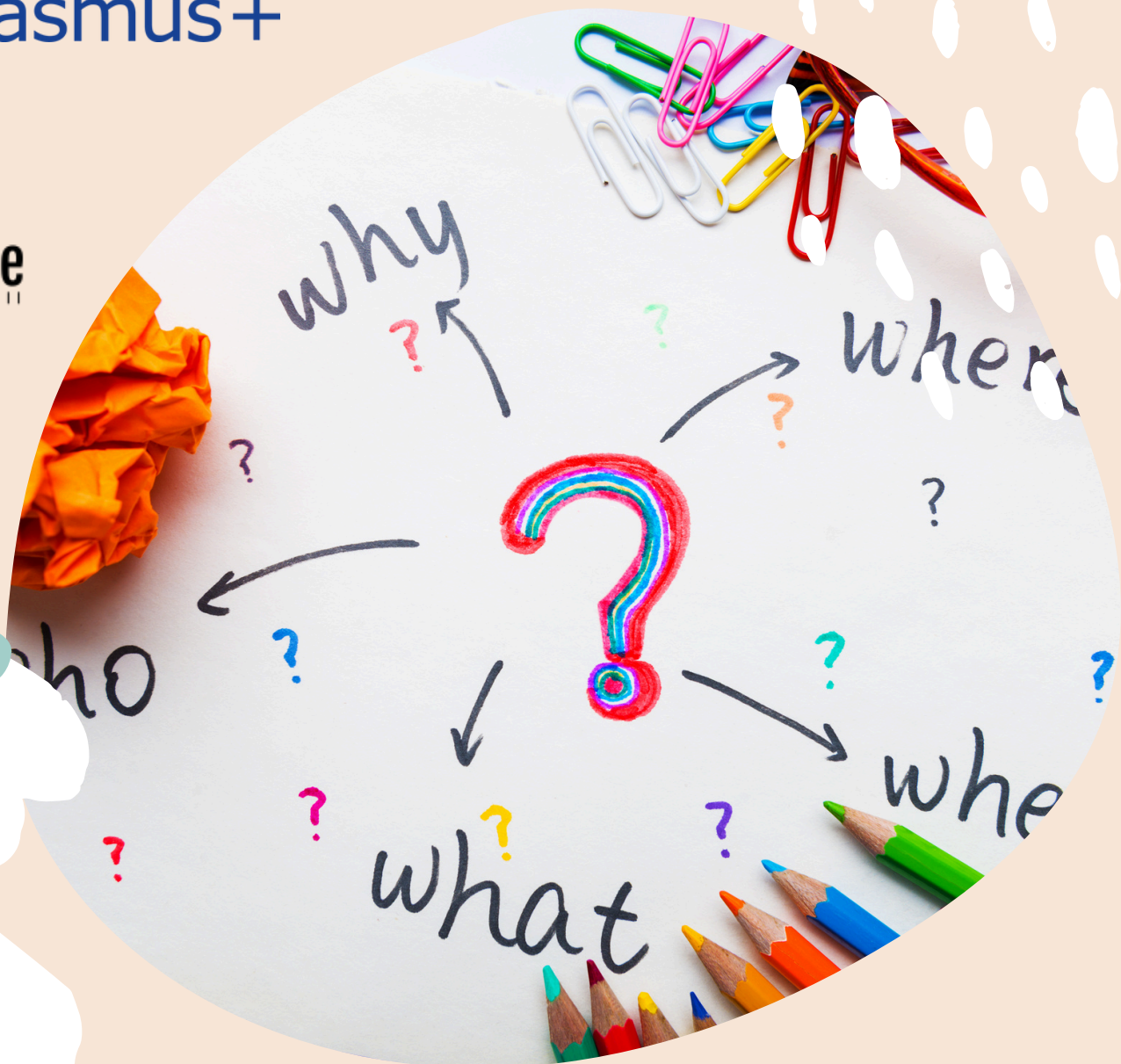




Erasmus+



INFO PACK FOR ORGANIZATIONS AND PARTICIPANTS

Critical thinking- Skills for life

Erasmus + Youth Exchange Mobility in
Romania

2024-1-RO01-KA151-YOU-000217911

24 JUNE - 4 JULY 2025

ABOUT THE PROJECT

In a world flooded with digital content, opinions, and distractions, young people are challenged daily to make sense of what they see and hear. The “Critical Thinking as Skills for Life” youth exchange is designed to help participants sharpen their thinking, strengthen their judgment, and develop the essential mindset for responsible digital and real-world engagement. Held in Băile Govora, Romania, this Erasmus+ exchange will bring together 26 young participants and group leaders from 5 European countries for an unforgettable experience of learning, collaboration, and empowerment.

Objectives

- ✓ Strengthen their capacity for independent thinking by learning how to question assumptions, analyze arguments, and evaluate sources critically.
- ✓ Develop media literacy skills, including how to detect misinformation, understand algorithms, and spot manipulation in online environments.
- ✓ Enhance their decision-making and problem-solving skills, applicable both online and offline, through case studies and real-life scenarios.
- ✓ Explore the ethical dimensions of digital engagement, including privacy, online respect, and the long-term consequences of digital behavior.
- ✓ Improve intercultural communication and teamwork, working in diverse groups to understand how culture shapes perception and thinking.
- ✓ Co-create a Digital Life Skills Toolkit, providing practical tools and guidelines for responsible and thoughtful online engagement.

Dates of mobility : 24 June - 4 July 2025

- **24 June - Arrival day**
- **4 July - Departure day**

Total number of participants 25 (+2 facilitators)

Participants per country : 4 young participants + 1 group leader

**Age limits 17 - 30 for participants
over 18 for group leaders**

Selection criterias

For participants - age 17 - 30

The capacity to communicate in English

Motivation to participate and to share the results with other youngsters

For leaders: over 18, no maximum limit

Good english skills

Responsible person that understands the importance of leading a group and working in international context

Venue of the Activities

Băile Govora is a charming SPA town and resort located in Vâlcea County, Romania, renowned for its therapeutic mineral waters and tranquil surroundings. Nestled in a picturesque valley surrounded by rolling hills and lush forests, the town offers a serene escape for visitors seeking relaxation and rejuvenation.

The town is also known for its peaceful atmosphere, clean air, and well-maintained parks. Architecturally, Băile Govora boasts a blend of neo-Romanian and Art Nouveau styles, reflecting its development during Romania's Belle Époque period.



ACCOMODATION

You will stay at **Vila Crizantema**, a charming 3-star hotel situated near the town center, surrounded by beautiful natural scenery. This hotel has a historical significance as it once belonged to the infamous Romanian dictator Nicolae Ceaușescu. You can discover more about its history here: <https://vilacrizantemagovora.ro/>

Check-in will commence on 24th June at 16:00 and will conclude on 4th of July at 12:00. You will be accommodated in double rooms, separated by gender. The hotel will provide towels and essential toiletries for your convenience.



Flying to Bucharest - Otopeni airport (Henri Coanda)

Direct transfer from the airport to Băile Govora: You can choose this option that is fast and comfortable but you need to book in advance (minimum 5 days). Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-BaileGovora?zi=2025-02-01&pas=1-0-0-0-0> **Please be advised that there are only 2 - 3 transfers per day!**

- **Direct transfer from the airport to Râmnicu Vâlcea (the closest city to Baile Govora and our hub) -** You can chose this option that is also fast and comfortable but you need to book in advance. Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0-0> **If you will choose this option we can organise a fast trasnsfer for you from Râmnicu Vâlcea to the hotel in Băile Govora. (25 minute drive) Please make sure you communicate your plan to us.**

- **Airport - Gara de Nord - Autogara Militari - Râmnicu Vâlcea**

This option is good if you would like to visit Bucharest or do not have any other options for direct transfers. Here is the step by step process:

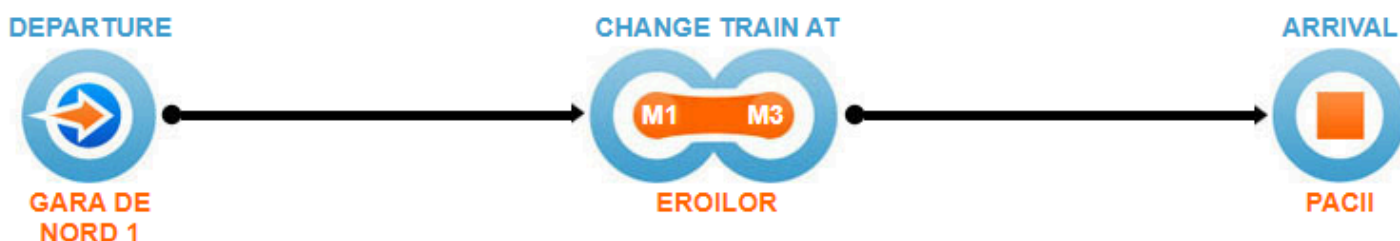
1st Step - from the Airport - Arrivals Terminal take the direct train to Gara de Nord - Bucharest - Note that this train departs every 45 minute from the airport, is available 24 h and takes 25 minutes to get to Bucharest. The price for one ticket is 5 lei (1 euro) - buy the tickets directly in the train, at the airport CFR counter or online. (<https://www.cfrcalatori.ro/>)

2nd step - once arrived in Gara de Nord - take the Metro from Gara de Nord 1 - Metro station - LINE M1 - direction Pantelimon/Republica, change in Eroilor station to LINE M3 - direction Preciziei . Your stop will be Păcii Station. The price of a 2 way metro is 10 lei (2 euro). You can buy tickets from the station or you can pay directly with credit card.



3rd step - At Pacii Metro Station go above ground - cross the street and go to Autogara Militari. There are regular busses that connect Bucharest with Râmnicu Vâlcea. Please consult the website below for the program and reservations. You can either buy online or buy directly from the driver. The cost of a bus ticket varies between 45 - 60 lei (9 - 12 euro). <https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0-0> Please let us know your choice of transport and arrival hours at least two days before the event. For night arrivals let us know so we can arrange private transfers.

Resulting route for Gara de Nord 1 - Pacii



DEPART FROM GARA DE NORD 1

- 1) BASARAB 1
- 2) CRANGASI
- 3) PETRACHE POENARU
- 4) GROZAVESTI

CHANGE TRAIN AT 5) EROILOR bus M1 >> M3

- 6) POLITEHNICA
- 7) LUJERULUI
- 8) GORJULUI

ARRIVAL AT 9) PACII

By car

If you are planning to use a car to arrive at the venue this is the address of the Hotel: Vila Crizantema, **Strada Școlii, Nr. 1 245200 Băile Govora Romania**

Save your travel papers

Regardless of your mean of transport please save all your travel documents for reimbursement purposes. Boarding Pass is a must in order to fully reimburse you.

REIMBURSEMENTS

Your travel cost will be covered by the project budget in a certain maximum amounts. The EU is encouraging the use of green means of transport (train, bus, carpool) and the budget for this type of travel is higher. Of course, you can use this type of transport when available and efficient.

The reimbursement will be made once the survey for trainers is submitted by the participants and all the documents are checked by our financial department. This could take up to 3 weeks after the mobility.

Bellow you have the rates according to your distance band.

Travel	Contribution to the travel costs of participants, including trainers, accompanying persons and facilitators, from their place of origin to the venue of the activity and return. Below 500 km, participant will, as a general rule, travel with low-emissions means of transport Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance and number of persons. The applicant must indicate the distance between the place of origin and the venue of the activity ¹²⁵ by using the distance calculator supported by the European Commission ¹²⁶ . For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. ¹²⁷	Travel distance	Green travel	Non-Green travel
		10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

Distance band calculator

You can find your distance band using this EC calculator : <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Green Travel reimbursements

Please note that green travel rates will be applied only to participants that can demonstrate that they've used a green mean of transport at least half of their travel band.

PRE-DEPARTURE TASKS

Before arrival the participants will prepare the following activities:

- A presentation about their country for the intercultural events
- energisers, intercultural games and suggestions for spending the free time

REGISTRATION OF PARTICIPANTS AND COMMUNICATION

The registration of participants will be made by the sending organizations on the **registration form provided by the coordinator.**

Contact : Sergiu Sanda-Mir 040786934509

yotmromania@gmail.com

Proposed Agenda



Day 1	June 24, 2025	Arrival & Getting Settled	Participant arrivals, accommodation check-in, welcome dinner
Day 2	June 25, 2025	Building Our Community	Icebreakers, team-building, group agreements, introduction to Erasmus+ & Youthpass
Day 3	June 26, 2025	What is Critical Thinking?	Workshop on core concepts, self-reflection exercises, group discussion
Day 4	June 27, 2025	Questioning the World Around Us	Activities on questioning assumptions, identifying arguments, logic games
Day 5	June 28, 2025	Media Literacy in the Digital Age	Fake news spotting, algorithm impact, digital manipulation analysis
Day 6	June 29, 2025	From Reaction to Reflection	Case studies, decision-making strategies, ethical dilemmas
Day 7	June 30, 2025	Responsible Digital Identity & Behavior	Digital footprints, online safety, values-based digital behavior
Day 8	July 1, 2025	Intercultural Thinking & Communication	Cultural perspectives on truth and trust, intercultural collaboration challenges
Day 9	July 2, 2025	Creative Tools for Critical Expression	Storytelling & media creation, starting the Digital Life Skills Toolkit
Day 10	July 3, 2025	Presenting & Promoting Our Digital Toolkit	Finalization of the toolkit, public presentation, group feedback, evaluation
Day 11	July 4, 2025	Departure Day	Goodbye breakfast, check-out, departures