

# SEIF SOCIAL ENTREPRENEURSHIP FOR AN INCLUSIVE FUTURE

ERASMUS+ YOUTH EXCHANGE

**ROMANIA, Constanța,  
Eforie Nord**

**22.09 - 01.10.2023**

## INFO PACK



Co-funded by the  
Erasmus+ Programme  
of the European Union



# GENERAL INFORMATION

Title: "SEIF - Social Entrepreneurship for an Inclusive Future"

Place: Constanța, Romania (Eforie Nord resort)

Date: 22.09 – 01.10.2023

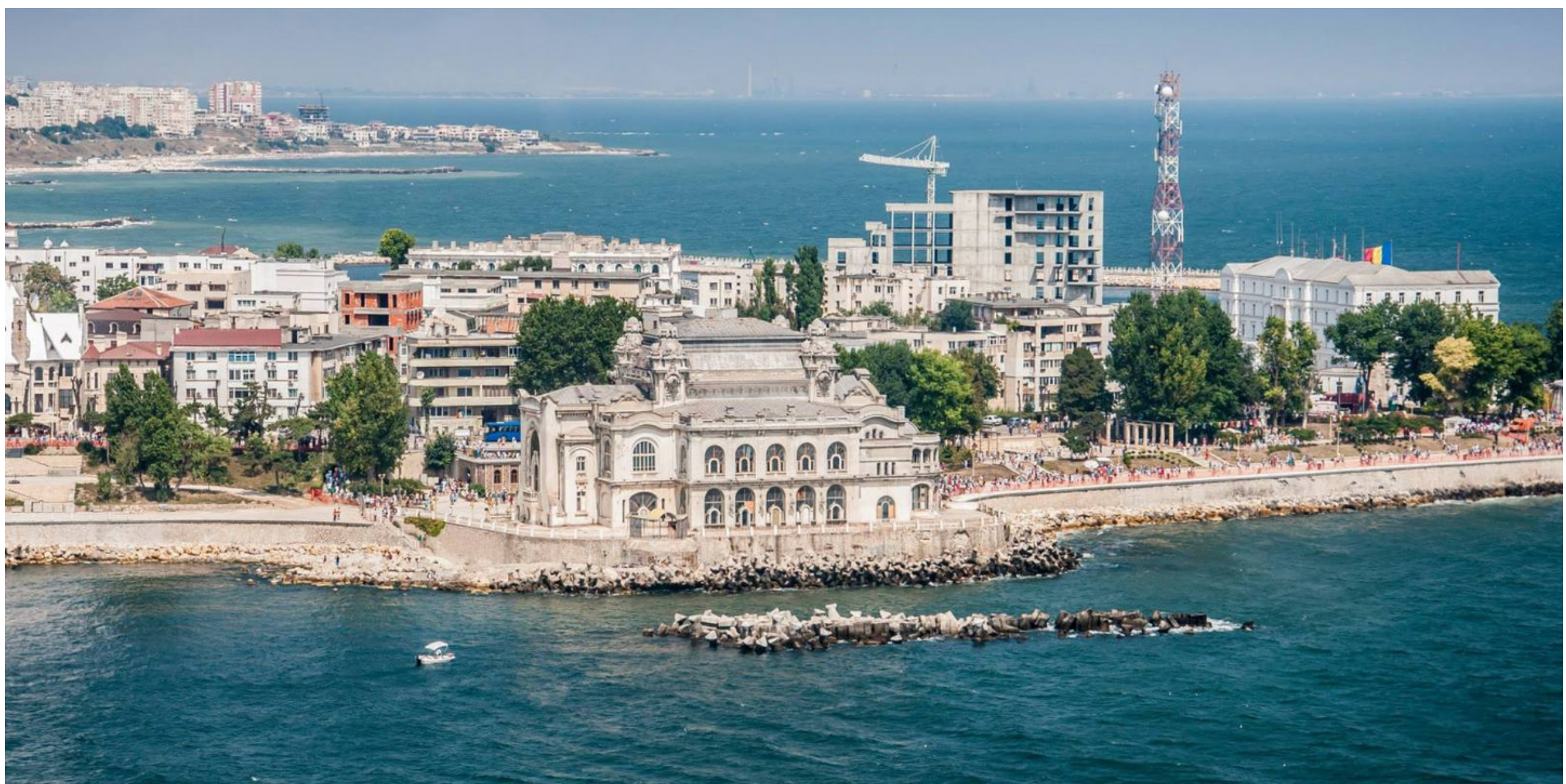
- 22.09.2023 is arrival day
- 01.10.2023 is departure day

Participants: 37 young people, 18-26 yo

Partners from: Spain, Bulgaria, Slovakia, Italy, Poland, Romania



Constanta is located in the eastern part of Romania, 2 hours away from the capital city, Bucharest, on the Black Sea coast. Constanța is the largest port on the Black Sea and one of the largest ports in Europe. More info [here](#). The project will take place in Eforie nord resort (12 km away from Constanța city where we will have a day of activities)



## ABOUT THE PROJECT

In an international environment we will discover together the meaning of social entrepreneurship. The facilitators will guide the intercultural group through the learning journey using non-formal education methods.

Briefly, social entrepreneurship refers to 'doing good while also making money'. We will discuss about different ways in which a business can tackle social challenges, we will figure out solutions and we will find out ways to empower and encourage initiative.

# HOW TO REACH CONSTANȚA

There are two airports from which you can choose, one is 30 km from Constanta, but with not so many international flights (Mihail Kogălniceanu Airport) and one is in Bucharest (Otopeni Airport). If you land on Mihail Kogălniceanu Airport, we will arrange transfer to the accomodation place.

Otopeni Airport is well connected to Constanța by busses which leave every 1-2 hours. The cost of the bus from Otopeni Airprt to Constanta is approximately 140 lei (22-23€). As soon as you know what time you land we can assist you with the reservations, or you can do it [here](https://alt-transportpersoane.ro/) (https://alt-transportpersoane.ro/)

We will provide transport from Constanta to the accommodation in Eforie Nord.

Train is also an option, but you will have to change trains in Bucharest - tickets here <https://www.cfrcalatori.ro/>

Best option is to let us know when you land and we will assist you further. :)

Departure from OTP		Arrival in Constanța
00:30	→	03:30
01:20	→	04:20
02:30	→	05:30
03:15	→	06:15
04:00	→	07:00
06:30	→	09:30
08:00	→	11:00
09:30	→	12:30
11:00	→	14:00
12:30	→	15:30
14:00	→	17:00
15:00	→	18:00
16:30	→	19:30
17:30	→	20:30
18:30	→	21:30
19:30	→	22:30
21:00	→	00:00
22:30	→	01:30
23:30	→	02:30

# ACCOMODATION

The exchange will be hosted in „Villa Amani&Melisa 2”, located in Eforie Nord resort, Constanța County. The participants will be accommodated in rooms for 2 or 3 people, each room with an en-suite bathroom. There will be a conference room to our disposal, where we will work and do programme activities.

The hotel is 10 minutes walking distance from the beach.

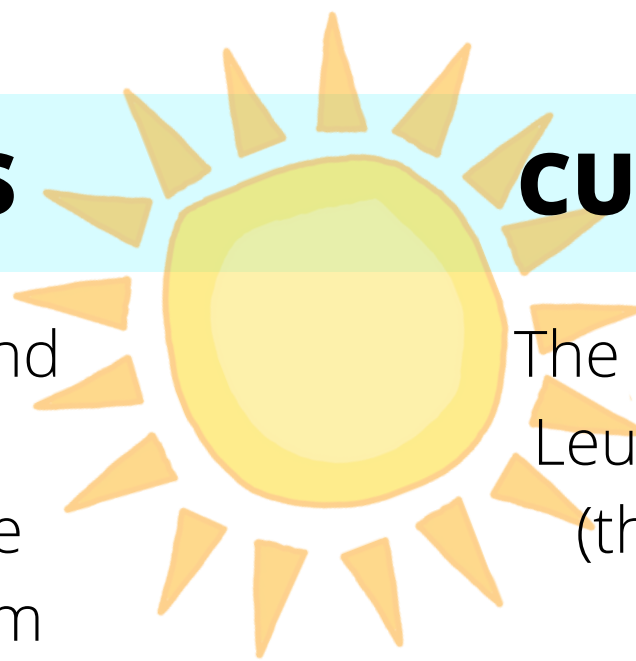
You can check out more here:

[https://www.turistinfo.ro/eforie\\_nord/cazare-eforie\\_nord/vila\\_amaniandmelisa\\_2-c86018.html](https://www.turistinfo.ro/eforie_nord/cazare-eforie_nord/vila_amaniandmelisa_2-c86018.html)



## WEATHER CONDITIONS

The average temperature at the end of September in Constanța is between 20°C and 23°C during the day. Please check [accuweather.com](http://accuweather.com) for current weather forecast.



## CURRENCY IN ROMANIA

The Romanian currency is Romanian Leu (RON), 1 EURO is about 5.00 Lei (the exchange rate varies between 4.90 to 5.10 for 1 EUR)

## INSURANCE

The participants are required by Erasmus+ programme to have a valid travel insurance for the whole period of the project including the travel days or the European health insurance card.

## LANGUAGE

The official language of the project will be english. All the workshops and sessions will be implemented in english.

## FOOD REQUIREMENTS

Apart of standard nutrition based on regional cuisine, we are able to provide vegetarian and vegan food. If your medical condition requires special nutrition you must consult with us before your arrival to the project if we are able to fill your needs.

## WHAT SHOULD YOU PREPARE

GOOD VIBES ONLY!

just kidding

Each national group will have a designated evening in which they will have to present their countries to the rest of the group - and not just show it to us on the map. For this you can bring some traditional food (preferably not perishable), snacks, songs, videos, traditional clothes. You can teach us some dances, games, traditions. These are just some examples. You can do *almost* anything you want if you think it will illustrate your countries' culture.

We will provide projector, screen, speakers, microphones and if you think you need anything else ask us for it.



# COSTS AND TRAVEL REINBURSEMENT

Food, accomodation and materials during the youth exchange are fully provided.

The travel costs will be reimbursed as soon as you send us all necessary documents - tickets and boarding passes.

Eligible means of transport are:

- Plane/Train/bus,
- Traveling by car, taxi or rented bus is ineligible transportation and can be accept only(!) if public transport does not operate.

For the travel reimbursement purpose participants must provide to the coordinator their tickets, bills and boarding cards in electronic or physical form that includes price, connection description and name of participant (in case of flight tickets). For your plane ticket we will need also your boarding card for each single connection. All the documents need to be delivered in electronic version (PDF) or physical form. Even though you use the mobile app on your phone, download the pdf to send it to us. Because of accounting rules we can NOT accept print screens from your phone.

The E+ Programme and Romanian National Agency require from participants to use the time and cost efficient way of transportation. To ensure that obligation we require from participants to:

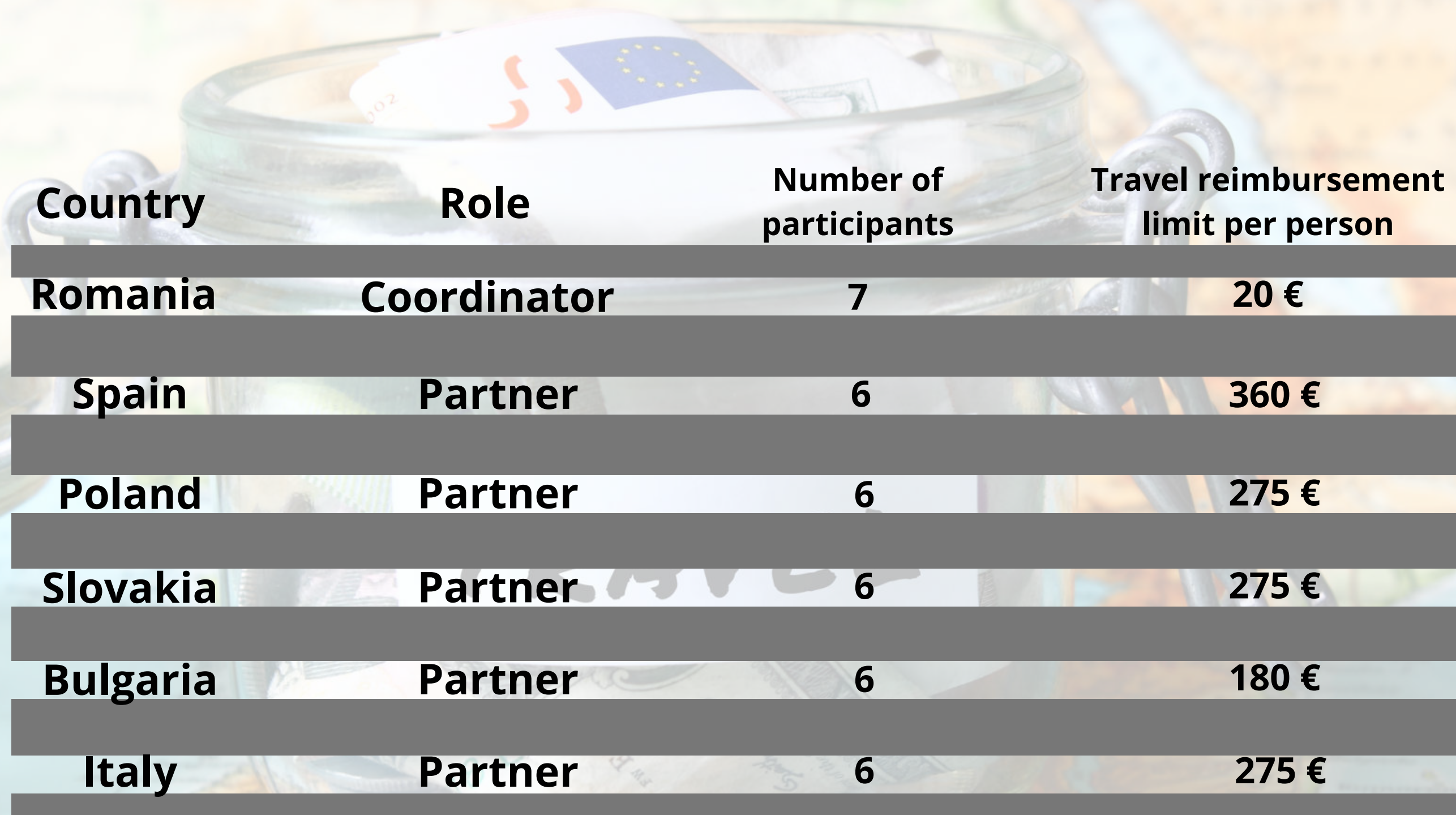
- before purchasing any plane ticket consult with us. We expect to be informed about the chosen connection including time, date and price of your flight. The following information should be delivered to us (mentoralliance.org@gmail.com) before you purchase your tickets. Before purchasing flight tickets you need our written confirmation. Otherwise you risk your ticket will not be reimbursed.
- tickets for flight connections should be bought directly from the flight operator. We will not accept bills from external operators or travel agencies.

In case participants want to come earlier or depart later from the project venue, they can only arrive 2 days before the youth exchange starting date and depart 2 days after the youth exchange end date, in order to still be eligible for travel cost reimbursement. In that case participants must cover their own expenses for the additional days (accomodation, food etc.) and consult this with the coordinator.

Travel reimbursement can be fully removed to the people who:

- do not take part in the whole length of the youth exchange;
- skip the workshops (hangover is not a reason for that);
- repeatedly break the basic rules and not react to warnings or commit serious misbehavior;
- do not contribute to the dissemination phase of the project - see last page.

## MAXIMAL TRAVEL COST REIMBURSEMENTS



Country	Role	Number of participants	Travel reimbursement limit per person
Romania	Coordinator	7	20 €
Spain	Partner	6	360 €
Poland	Partner	6	275 €
Slovakia	Partner	6	275 €
Bulgaria	Partner	6	180 €
Italy	Partner	6	275 €

## WHAT SHOULD YOU DO AFTER GOING BACK HOME

After the amazing experience of participating in this project we expect you to not be selfish.

So tell other young people about what happened, what you've learned, how you found out about this project and encourage them to take opportunities like this and PARTICIPATE.

You can organize a meeting with your school colleagues or with your friends, you can write an article for the community newspaper or you can organize a flash mob. Imagination has no limits.

Share  
the  
LOVE

**Check out the video from our previous youth exchange we held in the same place on our Facebook page**  
<https://www.facebook.com/mentoralliance/>

**In case of any further questions do not hesitate to contact us**

mentoralliance.org@gmail.com  
+40 743 434 330 (Paula)

**SEA YOU SOON IN ROMANIA!**



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MENTOR ALLIANCE  
YOUTH CAPITAL

