



## **INFOPACK**

**#FirstAidBasics**

**01 to 10 of September 2021**

**Cisnădioara, Sibiu - Romania**

Coordinating organization:



Co-Funded by



# #FirstAidBasics Youth Exchange

In this youth exchange we decided to put together the knowledge, resources and motivation of 30 participants from 6 countries (Romania, Lithuania, Hungary, Bulgaria, Turkey, Italy) to create a youth exchange aimed to emphasize the need of volunteering in first aid field in these countries and raise the motivation of youngsters to intervene in emergency situation. The youngsters will be between 18 -30 years old and 6 group leaders will join and coordinate them.

Through our project, we expect to raise the knowledge and the motivation towards first aid measures and the involvement in volunteering activities in the first aid domain. They will develop a more open and critical attitude towards their role in their communities, better self-knowledge, and raised awareness about their being part of a group, of Europe, and globally.

The purpose of this initiative is to improve the competencies of youngsters to intervene with first aid measures in emergency situations and the aims of this youth exchange are:

1. Optimize the abilities of 30 youngsters and 6 group leaders from 6 countries to identify emergency situations;
2. Building a set of basic competences for volunteer interventions in emergency situations like: traffic accidents, drowning, burns, electrocuting, falls , drug overdoses, physical aggression traumas, common medical conditions;
3. Building a set of basic competences to offer psychological first aid;
4. To offer support to identify first aid volunteering opportunities.

THE PROJECT IS financed BY: Erasmus+, KA1: Mobility of Individuals, Romanian National Agency.



## **COORDINATING ORGANIZATION**

Beyond is a newly created NGO, in Cluj-Napoca, promoting youth educational initiatives in Transylvania. The organization is made up of number of experts with the goal to offer support, services and counseling in the area of non-formal education, self-knowledge, psychological education, health education. Beyond Association especially promotes creativity, innovation, psychological experiential education, self-knowledge, health and well-being, social entrepreneurship and sustainable development of civil society.

## **INTERNATIONAL PARTNERS in the youth exchange**

- Tarptautinis bendradarbiavimo centras – Lithuania;
- The bettermaking Ifjúsági Alapítvány - Hungary;
- I am you peace global – Bulgaria;
- Active EuroYouth – Turkey;
- EURO SUD – Italy.

## **PARTICIPANTS PROFILE AND NUMBER:**

5 participants aged between 18 and 30 years and 1 group leaders with no age restriction – if possible, please create mixed gender groups. We decided together with the partner organizations to include in the project participants who encounter cultural, economic and geographical difficulties. Please select participants until the 5<sup>st</sup> of august 2021.

## **LOCATION, VENUE and DATE**

Cisnădioara, Sibiu (Romania) 01<sup>th</sup> to 10<sup>th</sup> September 2021 (Include travel days)



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## LANGUAGE

In Romania people speak Romanian. Some of the locals (mostly youngsters) speak English, but they appreciate that you make an effort to speak Romanian. Here are some expressions or phrases to help you at the start of your stay:

Bună ziua - Hello ; Bună dimineața - Good morning; Mulțumesc - Thank you

Vorbiți engleză? - Do you speak english? ; Cafea – Coffee; Bere – Beer

Mâncare – Food; La revedere - Good bye; NOROC- Cheers!

Please find more information about our country here: <http://romaniatourism.com/did-you-know.html>

Cisnădioara (Sibiu County) is a small village in the [Transylvania](#) region of [Romania](#), the village is known for organizing cultural events (shows, concerts, exhibitions), but also for its tourist attractions (natural beauty, monuments of great historical significance). In Cisnădioara there is a basilica in Romanesque style from the second half of the 12th century and the oldest organ with tubes in Romania in working order (early 18th century).

The village is located a short distance from the city to which it belongs, Cisnădie, is influenced by city life, many of the locals having a job there. Cisnădioara is also very close to the city of Sibiu (12 km), Sibiu is an important cultural and economic center in southern Transylvania, with a population of 147,245 inhabitants



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The city of Sibiu has represented and still represents one of the most important and flourishing cities in Transylvania, being one of the main centers of the Saxon settlers established in the area. The city was the capital of Transylvania between 1692-1791 and 1849-1865. It has experienced a significant economic and cultural renaissance in recent years. Sibiu is currently one of the cities with the highest level of foreign investment in Romania. In 2007 it was the European Capital of Culture, the city is famous for its medieval atmosphere and special architecture.



## LOGISTC - TRAVEL

We recommend you to arrive and depart from Cluj-Napoca or Bucharest. We will all meet in Sibiu and travel together to Cisnadioara and the time and meeting point in Sibiu will be communicated to the selected participants.

Traveling options are

Plane - <https://it.aiaic.ro> or <https://www.bucharestairports.ro>

Bus - <https://global.flixbus.com>

Train - <https://www.cfrcalatori.ro>

Transportation options from Cluj-Napoca or Bucharest to Sibiu :

Bus - <https://www.autogari.ro>

Train - <https://www.cfrcalatori.ro>

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**NOTE: PLEASE KEEP ALL THE TRAVELLING DOCUMENTS.** If you lost or not present any of the documents stated (boarding pass, tickets, invoice/receipt), we are not authorized by the Romanian National Agency to reimburse travelling costs.

## **LOGISTIC IN CISNĂDIOARA - ACCOMMODATION**

All the participants will be accommodated at the Elimheim House - Cisnădioara. You will be staying in rooms with 2, 3 or 4 beds. We kindly ask you to respect your roommates and work with them to achieve the comfort that all need. The distribution of the rooms will be made according to gender. The bathrooms are shared, so please pay attention to the cleaning and respect for the space and others.



## **FOOD**

All the meals will be the responsibility of Association Beyond. Breakfast will be served between 8:00 and 9:00 at Elinheim House. Lunch and dinner will take place in Rest House or at a local restaurant, depending on the schedule of the day.

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## WORKPLACE

The activities in The Training Course will be organized both indoor – in the activities room of the hostel and outdoor – in the garden or in nature.

## DRAFT PROGRAMME

#FirstAidBasics – 01 to 10 September Cisnădioara, Sibiu (Romania)											
Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	
8 : 00	ARRIVAL OF THE PARTICIPANTS	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Topic 7	Topic 8	DEPARTURE OF THE PARTICIPANTS	
9 : 30		From group to team	S.O.S. Emergency	FirstAid Tool kit 1	Meet the experts	Cultural visit	PSY Toolkit	Accidents Crisis Trauma	Erasmus+ Opportunities		
11 :00		COFFEE BREAK									
11 :30		The agenda of the Youth Exchange	Learning to Learn	FirstAid Tool kit 2	Meet the experts	Cultural visit	PTSD	Post conflict / Post crisis	Future Projects		
13 :00		LUNCH BREAK									
15 :00		Life Supports Life activity	Co-create activities	FirstAid Tool kit 3	Role model	Cultural visit	STRESS	Personal values	Final Evaluation		
16 :30		COFFEE BREAK									
17 :00		Life Supports Life activity	Meet a savior	FirstAid Tool kit 4	FirstAid Tool kit 5	Practicing First aid in nature	PANIC ATTACKS	Voluntary heroes	Goodby and stay connected		
18 :30		Reflection Time									
19 :00		DINNER									
21 :00	Welcome Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening	Intercultural Evening	Free Evening	Intercultural Evening	Intercultural Evening	Farewell Party		
22 :00											

## METHODOLOGIES

We will use non-formal tools, Videos, simulation games, role-play exercises, experiential games, coaching and self-directed learning, taking care to provide a strong experiential impact on participants and organizations. The activities will be performed by the participants and facilitated by experts in health, first aid, psychology.

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## **THINGS TO BRING**

Bring with you the following (you'll need it and it will be necessary to present during the project)

### **A - PERSONAL STUFF**

- Towels for shower
- Flip-flops ☺ (the bathroom is shared)
- Personal hygiene products (shampoo, toothpaste, etc...)
- Fresh and comfortable clothes and shoes
- Your Health European Card
- Health Insurance
- Tracking shoes

### **B - ORGANISATION INFO MATERIAL**

Leaflets, brochures of projects, publications, info material about your organization. All that can be useful for "building" here a creative presentation of your organization.

### **C - INTERCULTURAL MOMENTS:**

#### **- Intercultural Night**

NO POWER POINT!!! We want to connect and enjoy! ;P

A. Typical food/drink from your country: Ready food - snacks, cheese, drinks, biscuits;

B. 1 night - game from your country, to make people connect to each other

C. 1 brief & creative COUNTRY presentation (theatre, posters, stereotypes...)

#### **- Intercultural sweet moments**

We would like to ask you to bring some typical sweets from your country. Each day we will taste some sweets from each national team. Yummy :)

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### **TO PREPARE:**

Each team will have to create a “Life Supports Life” presentation, details will be provided to the selected team leader and participants.

### **TRAVEL BUDGET** - Travel Grant per participant:

Romania, Hungary, Bulgaria – 180 Euro

Italy, Lithuania, Turkey – 275 Euro

**NOTE:** Keep all the boarding passes and tickets of airplane, bus and/or train (they are needed for reimbursement). Also all receipts / invoices are needed, without exception.

Association Beyond will transfer the travel cost to our Sending Partner Organization and after them transfer the money to you.

### **Fee** – Don't have any fee for this project.

Being selected for this course, all costs (accommodation, travel, visa, etc.) relevant to participation in the course will be covered by the Romanian National Agency.

**IMPORTANT** - Keep all the boarding passes and tickets of airplane, bus and/or train (they are needed for reimbursement). Also all receipts/ invoices are needed, without exception.

Association Beyond will reimburse the sending organization and then they will make the reimbursement of the participants.

All the travels are reimbursed according to the budget presented. We will make a copy off all your receipts, tickets and boarding passes during the project.

After the participants arrive home, need to send a scan of the boarding passes and any other tickets that you have used. Also participants need to send by post. It will be given to you an envelope with our address, so it will be easier for you to just put everything inside and send it. Once we received all the documents, we will calculate all accounts and make a bank transfer to your sending organization.

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## Also IMPORTANT: **HEALTH INSURANCE and Covid-19 special measures !!!**

Make sure you have medical insurance. Please note that each participant should have travel insurance and health insurance (it is not reimbursable as it is your choice with which company and plan suits you). For participants from EU countries the European Health Insurance Card (EHIC) is advised.

Beside the rules that we all know, and are respecting in our own countries, the following rules are necessary for the creation of a safe and productive learning environment:

- **All persons coming to the training course will need to take an RT-PCR (or antigen) test before the trip as it might be mandatory to show a negative test upon entering Romania. Also is a measure through which we intend to create a safe environment for the activities and the group. The costs related to the test are supported by the participant directly, if their country does not provide free testing. EXCEPT ION - IF WE MANAGE TO SAVE FROM TRAVELLING EXPENSES FOR EACH PARTICIPANT WE CAN SUPPORT PARTLY OR ENTIRELY THE COST OF COVID TESTS.** The list of acceptable tests is constantly being reviewed as government continues to seek the most accurate alternatives to the PCR test. If you cannot present the correct test result, you may not be allowed to board your flight.
- Before traveling, please get informed about the rules to return home to your country. Will you need to be tested? Will you need to quarantine? If you need to test before returning home, this must be indicated on arrival so that testing can be scheduled within the specified time.
- **All participants need to bring along face masks that you will use at all times in all common areas inside the accommodations.** We will be using masks inside the activity room and other common areas. You will not need to wear the mask inside your sleeping rooms or outdoors, as long as you maintain proper physical distance. If it is not a reusable mask that you can wash



every evening before going to bed, you should bring one mask for each working day.

Additional disposable masks may be provided on site.

- Every bedroom, bathroom and common area will be equipped with disinfectant spray, disinfecting wipes and paper towels. The participants are responsible for disinfecting their room. The youth center team will be disinfecting common surfaces several times during the day.

- Before each session, the participants will need to wash their hands and use hand disinfectant that will be available at the entrance to the workshops room. The same procedure is necessary before each meal.

- After each session, facilitators will gather all materials (such as scissors, glue, markers etc.) that were used by participants and disinfect it for the next session.

- **In order to avoid the use of many glasses during the day, all participants should bring one bottle from which they will be able to refill and drink water during the course.** Disposable plates, cutlery and cups for coffee, tea or juice will be available.

- The breakfast, lunch and dinner will be served for each participant. We will explain the procedure to everyone after you arrive at the venue.

- **For safety reasons, alcohol will not be allowed during the course. You are allowed to bring one bottle per team of your traditional drink for your cultural night, but don't bring any other alcohol to the course.** Please don't bring vodka, whiskey or other alcohol that is not a part of your culture and cultural night.

**Our main priority is the safety of everyone, and we are sure that these rules and regulations will not stop us from having a good time and meeting amazing people from other countries. If anything is not clear to you or you have any questions, please feel free to contact us at any time.**



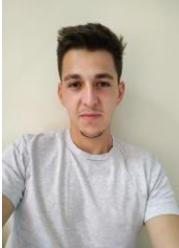
## Team **BEYOND**

### DELIA CRISTINA ROSCA – PROJECT COORDINATOR / FACILITATOR



I am one of the co-founders of Association Beyond. My professional background is in corporate area working in middle management and currently I am a psychotherapist trained in CBT and psychodrama. I will be project coordinator and facilitator during #FirstAidBasics project.

### DARIUS BURDETI – PROJECT MANAGER / FACILITATOR



Currently I am studying Public Administration and Management, In 2018 I graduated from the military fire school and since then I have been working as a firefighter and paramedic. Also I am an active volunteer within the BEYOND organization. I will facilitate activities and will be responsible with .....

### **AND OTHER BEYOND VOLUNTEERS!**

### CONTACT PERSONS FOR EMERGENCY:

**Delia Cristina Roşca (Project Coordinator)**

**Cell-Phone and whatsapp: + 40755628367**

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**Darius Burdeți (Project Manager)**

**Cell-Phone and whatsapp: +40786576200**

**Emergency Contact - Police, ambulance and fire department emergencies – Call **112****

We wish you a wonderful time in Romania!

Pe curând / see you soon 😊

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