

Info Pack

Title of the project: **HEAL 2 - Healthy Eating Active Leaders 2**

Number of the project: **2016-3-RO01-KA105-035317**

Long Term EVS

Period: 1.04.2017 – 30.09.2017 (6 months)

Venue: Sighisoara

Hello dear partners and volunteers,

I want to congratulate you first for being part of this approved EVS Project. Together we have now the opportunity to do many important things for the society and for us and make a change for the future.

We will do our part with the local preparations and we hope that you will do yours ... I am sure that you will be the best sending associations and you will be the best EVS volunteers, active young people, dreamy, hopeful and full of love who wish to bring change in the world.

The project will be a real challenge but will depend on us what will be the final results. We will give all our best in organizing a great and significantly project so we hope to receive the same attitude from you as volunteers.

For being as easily as possible please talk to me as often as you wish, my e-mails negrei_alexandra@yahoo.com (personal e-mail) or wildcarpathia@gmail.com (office e-mail) are just for you in the next months :) and my mobile phone also 004 0720 196 958 (WhatsUp included), if you need something, if you have questions or anything you can imagine please talk to me and we will find the best solutions. It will be easily like this for both of us.

I am sure that you as partner associations are really experienced in this field so you my dear volunteers will have all the support needed. My advice for you is to be open minded, courageous, and responsible and they will guide you through the registration process doing your future work to be really easy, pleasant and joyful.

In the next lines you will find info about Wild Carpathia association, about our team and most important about your project. After you read this and still have questions please don't hesitate to contact your sending association or to write directly to me.

So, thank you so much

for being our volunteer and WELCOME to the HEAL 2 project !!!

1. Description of HEAL 2 project

In a European society in which the concern for re connection between the education and the labor market is increasingly present project HEAL 2 offers a fresh perspective on learning through sport activities as solutions and practical workshops and experimental promoting of a healthy lifestyle and their elements follow developing entrepreneurial skills and overcoming barriers in cross-linking with others from different backgrounds and cultures.

HEAL 2 will be an EVS group stage (lasting 6 months, held in the town of Sighisoara in Romania) in which will take part 8 young Europeans from Denmark, Estonia, Macedonia and Italy. The EVS volunteers will develop the following activities:

- 1) Practical workshops "What it means to be healthy?"
- 2) Interactive sport workshops with children and teenagers (practicing English for all)
- 3) Local campaigns promoting the importance of adopting a healthy lifestyle
- 4) Public events to promote volunteering and Erasmus + opportunities

Project objectives:

- Raising awareness about the quality and importance of a healthy lifestyle for the 8 volunteers during the 6 months of the project
- Developing among the 8 volunteers the necessary skills for entering into the labor market in areas complementary with health
- Achieving a minimum of 200 local youth beneficiaries and informing them about the project topic - physical, psychological and mental well being and promoting the importance of volunteering and the concept of "healthy lifestyle"

2. About Wild Carpathia association

Wild Carpathia is an NGO created in 2013 by a group of young people who wished to do everything necessary for changing the world and bringing hope in the people's life.

We are specialized in working with people on all ages in many fields connected with the human well-being. Therefore we decided to apply on Erasmus + Program and give the opportunity for the foreign young people to join us also. As large is the team so are the results more meaningful.

This will be our 11th EVS project so we wish to improve our work and to make it as good as possible! Our team is really good prepared so we hope to gain like this a great reputation so in the future to organize many more projects. Our web-site is www.wildcarpathia.org.

We have a Facebook profile – Wild Carpathia - <https://www.facebook.com/wildcarpathia> - and the official website www.wildcarpathia.org.



Office TEAM of Wild Carpathia

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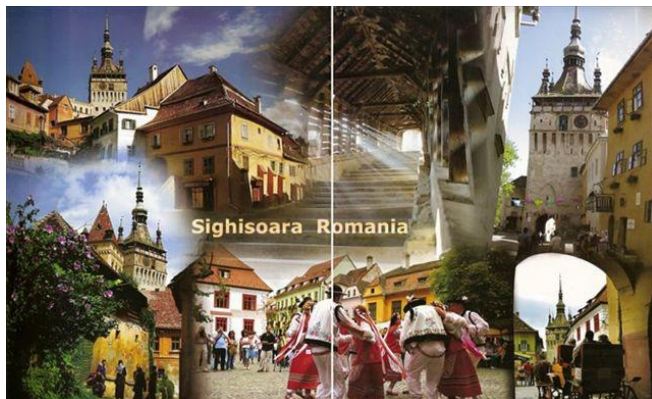
Marina Medelete (Mede), EVS facilitator – mede.wildcarpathia@gmail.com Mobile phone: 004 0741 796 259

Bogdan Negrei (Bogdan), EVS volunteers personal coach and psychologist, sport instructor, chiro-therapist
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3. Venue, Living & Volunteering Conditions

Accommodation

During the stage the EVS volunteers will live in Sighisoara city, a city in the middle of Romania country, in one of the 2 shared houses that we have rent in (common bedrooms, 2, 3 or 4 persons) with other EVS volunteers on other projects of our association. In total starting with April we will have the benefit to host 30 international volunteers. If the volunteers will have any special personal needs concerning the accommodation please let me know as soon as possible in order to analyze the situation and check the available opportunities. We will be happy to fulfill your wish as much as we can. The city is not so big, around 15000 inhabitants, so you will be walking to get to the office, at the medical cabinet or at the place where you will organize the activities. In any special case needed we will provide bus free passes cards. The accommodation place will have all the necessary elements, separate bedrooms by genders, bathrooms, equipped kitchen with everything necessary for preparing your food and free Wi-Fi. We will provide you with 1 round of bed sheets, pillows and blankets but please bring your own towels and everything that you consider that you will need specific for your stay here. Sighisoara is a touristic and historical place so it has benefits but also minuses, it's a citadel and the buildings are quite different for the rest of the country.



Sighisoara is located in the historic region of Transylvania. Central Sighisoara has preserved in an exemplary way the features of a small medieval fortified city. It has been listed by UNESCO as a World Heritage Site.

Food & Pocket money

For food the volunteers will receive 100 Euro/person/month.

Monthly allowance will be 60 Euro/person/month.

What to bring

We suggest you to bring with you your laptop, all kind of clothes, an unlock mobile phone in case you want it, to be able to buy for yourself a Romanian sim card, towels, traditional stuff from your country (food, sweets, presentation movies, etc.) for our first intercultural party and also special medicine if you need.

Transport

For all the partners associations we have a maximum of 275Euro/person for both ways. We suggest you to find the best way of transportation and also check the prices, every cent over this amount will be covered by the volunteers.

Please contact me before buying the tickets.

If you need our help please let me know and we will look together for the best solution.

The closest airport to Sighisoara is Targu Mures but the easiest to get connections to Sighisoara is from Cluj Napoca airport or Bucharest airport, capital city of Romania, from where you have direct trains to Sighisoara (train schedule at www.cfrcalatori.ro).

Working hours, days off and holidays

The volunteers will work between 5-7 hours/day, 5 days/week. They will have the week-ends free and extra 2 days holiday after every 30 working days.

Notes

The communication language will be English, a good level of English will be useful but it will not be mandatory.

In case needed we will help you with extra English lessons weekly.

Romania has this kind of power socket.



If you have some special needs please let us know before your arrival !!!

For the selection of the volunteers we will need them to send us a copy of their ID and an actual picture, Cv and motivation letter “Why I want to be part of this project?” and to fill the: Application Form attached.

Attention !!!

A Learning Agreement will be signed with each EVS volunteer and will include the learning process plan and some administrative aspects at least one month before the starting of the voluntary stage.