
The Light Within You
is
Universal
Co-funded by
the European Union
youth
exchange
PARUDIMOS
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When?
23–28 July 2025
Where?
Milcoveni, Caraș-Severin, Romania
https://maps.app.goo.gl/fJEXz86uTNcxPNVx7

Who is this for?

This **Youth Exchange** brings together **24** young people from **Romania**, **Hungary**, and **Serbia**. It's a space for those who are curious, open, and willing to learn through non-formal and informal education, while embracing diversity and experiencing inclusion in a meaningful and practical way.

Also, if you're involved in your local NGO as a volunteer or you're just starting to discover your path, this project might be for you too.

Each country will be represented by:

7 participants aged **15** to **18**

1 group leader aged **25+**

A facilitator will also guide the activities,
which means there will be 25 people in total.

Through creative workshops, games, shared moments, and guided activities, you'll have the chance to learn by doing, reflect on your experiences, and grow - both personally and as part of a diverse, supportive group.

Project Objectives

We gather to create a safe and inclusive space, where each person brings their unique energy and experience. A space where we share, learn, and empower one another.

We come not just to talk about inclusion, but to feel it, to be it.

The aim is to support participants in expressing themselves,
trusting their voice, and having the courage to act on what truly matters to them;
to take meaningful steps in their own communities,
with confidence, purpose, and collaboration.

Throughout the exchange, we foster personal development such as:
building self-confidence and self-esteem; expanding perspectives
and developing essential life skills such as teamwork, problem-solving, intercultural communication, and English language competencies - all through active non-formal and informal learning.

Inclusion is not a distant goal;
it's something we practice, experience, and shape together.

Accommodation

Accommodation is provided at ***Marabu Camp*** in ***Milcoveni village, Caraș-Severin County, Romania***. Rooms are international, shared by **4** to **6** participants, with bunk beds and a private bathroom. There is no gender mixing in the rooms.

The rooms are equipped with air conditioning and a TV.

Meals (breakfast, lunch, and dinner) are served in the camp's restaurant and prepared according to the dietary requirements indicated during registration. Two coffee breaks are provided daily.

The camp features a terrace and various spaces for relaxation and free-time activities, including options for both indoor and outdoor games.

No alcohol consumption is allowed during the project; however, soft drinks are available at the local shops. The villagers warmly welcome guests attending events from other towns and countries. At the local shop, small amounts of Euros can be exchanged. Please note that card payments are not accepted, so cash is required.

Travel & Reimbursement

Travel costs will be reimbursed according to Erasmus+ rules, using the official European Commission distance calculator based on the distance from your home to Milcoveni, Caraș-Severin.
Please note that each participant must be either a resident or a national of the country they represent. If you are part of a national group, make sure you meet this requirement.

💰 Reimbursement limits per participant:

Romania – 28 EUR; Serbia – 28 EUR; Hungary – 211 EUR

🚗 The best way to reach the venue is by direct car or minibus, as public transportation options in the area are very limited.
🚌 We will arrange private transfers from nearby main cities:
Romania: Timișoara · Reșița · Oravița
Serbia: Belgrade · Bela Crkva

Your sending organisation will help you plan and book your travel routes in close cooperation with the Nevo Parudimos team.
Please make sure to discuss all travel plans with your group leader and sending organisation before booking any tickets or contacting us. If traveling together is not possible, your leader and organisation can support you in arranging alternative travel options.

Very important before you come:

If you would like to present something representative from your country, such as traditions, dances, music, important places, or even some snacks from your homeland, we can support you in organizing intercultural evenings during the project. This is a great opportunity to share your culture and learn about others in a welcoming environment.

July is generally a hot month in Romania, but you should also be prepared for rainy days. Please bring appropriate clothing, sun protection lotion, mosquito repellent, and something to cover your head when you are outside.

Reusable water bottles are very welcome, and we encourage you to bring your own from home if possible. Having a thermos is also very practical, as you can use it for both cold and hot drinks. This small step helps reduce plastic waste, which is important for our environment.

You should also bring any personal medication you might need, such as medicines for flu or any ongoing treatment, especially if you have chronic illnesses or allergies. It's important to be prepared for your health needs during the stay.

AND....

Because we want to be prepared for any unforeseen situations, each participant must have a valid European Health Insurance Card (EHIC) or private health insurance for the entire duration of their stay in Romania. This is essential to ensure access to medical care if needed.

If you are underaged, you will need to have a parental consent form signed by your legal guardian before arriving at the project. Please make sure this is completed and ready.

The official email address for this project is nevoparudimos@yahoo.com, but before contacting us directly, you should first get in touch with your sending organization and group leader. They will provide you with all the useful information and help coordinate communication.

Please make sure to follow these recommendations and share any special needs with your group leader and sending organization in advance.

If you are a team leader, you should organize preparatory meetings with your participants before the project begins. Ask for support from your sending NGO to be fully informed about the project's goals, schedule, and expectations. You will also take part in online meetings with the project facilitator before the project starts. During these meetings, you will establish priorities and responsibilities for the group to ensure everything runs

How to apply?

Contact the sending organisation from your country, go through their selection process and once they select you, they will inform us and we will provide you with a final application form and a participant contract to be signed.

Partner Organisations:

Nevo Parudimos - Romania
CoEfficient - Hungary
Point of View - Serbia

EGYÜTT HATÓ
KÖZÖSSÉGÉPÍTŐ EGYESÜLET

NEVO PARUDIMOS

point of view
tačka gledišta

Timetable

Day 1

Arrival day in Milcoveni, warm wellcome and getting to know each-other. According to your arrival time, you will start with either lunch or dinner. In the evening, we will have a short discussion and play some name-games to help break the ice and have a good time in Milcoveni.

Day 2

In the second day we will continue with more name-games, getting-to-know-each-other activities and team-building, using non-formal methods such as BINGO; 2 truths 1 lie; "Mission Impossible"; "Secret Friend" and more.

Day 3

In the third day we will enter our subject of inclusion -what is/what is not- and how can we apply it in our personal lives and interactions. We will explore this through role-play activities after which we will debrief and share from our personal experiences.

Day 4

On the fourth day we'll go on a trip to "Cheile Nerei - Beusnita" National Park where we'll visit Ochiul Bei Lake and Beusnita Waterfall. We'll enjoy time in nature, prepare lunch together, play some games and collect natural materials for next's day workshop.

Day 5

The fifth day is dedicated to creativity. You will create your own functional lamp, using both natural materials you collected and additional ones provided by us, such as: 5v led instalations; cables; glass jars and bottles; acrylic paint; glass marbles and more. We will work as a whole group, helping and empowering one-another. In the evening we will have an exposition fostering diversity and you will be able to keep your lamps after.

Day 6

On the sixth day, we will have the closing ceremony, final evaluation, feedback, and project conclusions. We will also discuss how we can further disseminate what we learned, so that others can benefit from your experience on inclusion and Erasmus+ opportunities. We will reveal the Secret Friend and hold the Youthpass ceremony.