

HUMAN RIGHTS - KA121
GENDER EQUALITY

NEWSLETTER



PRE-MOBILITY OF STDS

Embarking on an Erasmus+ mobility programme can be an exciting and life-changing experience for students. To ensure a successful and well-prepared journey to Romania, it is crucial to organize a meeting involving students, parents, and educational authorities. This newsletter highlights the importance of such a gathering, outlining key topics that should be discussed to ensure a smooth and safe transition for students venturing abroad.

PREPARING FOR ERASMUS MOBILITY TO ROMANIA: AN ESSENTIAL MEETING WITH STUDENTS AND PARENTS

Exploring Erasmus Opportunities: The meeting serves as an opportunity to introduce students and parents to the Erasmus+ programme, explaining its benefits, objectives, and the unique experiences it offers. Presenters discuss the advantages of going abroad, including academic growth, personal development, cultural exchange, and improved language skills.

PT meeting with
parents





First meeting of the Romanian team of hosts for the Portuguese team of teachers and students who will exercise and remember the essential human rights to meet, care, debate, learn, improve, enjoy and link lifelong friendships.

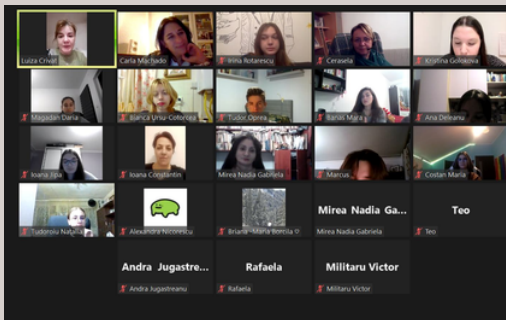
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Understanding Romania as the Host Country: A comprehensive overview of Romania was provided, covering aspects such as its culture, customs, lifestyle, climate, and education system. This helps both students and parents gain a better understanding of the destination, fostering a sense of familiarity and easing concerns.

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Health and Safety Measures: Students and parents are informed about the healthcare system in Romania and the resources available to them. Guiding students on how to access medical services, including clinics, hospitals, and emergency contact information. Informing them about the European Health Insurance Card (EHIC) is also essential.

Cultural Adaptation and Language Learning: Preparing students for cultural adaptation is crucial to their overall experience. Discussing Romanian traditions, etiquette, and social norms, helping students understand the local customs. Encouraging language learning, providing resources for Romanian language courses, and sharing language exchange opportunities can greatly enhance their integration into the local community.



Meeting between the PT coordination and teachers, parents and students from Romania

Romanian hosting team





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Support Systems and Emergency Contacts: Ensuring students and parents of the support systems in place, including local coordinators, mentors, and emergency contact points. Providing contact information for the Romanian school, Erasmus coordinators, and the local authorities who can assist in case of emergencies or difficulties during the stay.

A well-organized meeting involving students, parents, and educational authorities is vital for a successful Erasmus mobility experience. By addressing topics such as health and safety measures, prevention, cultural adaptation, and support systems, students and parents will feel more confident and prepared for their journey to Romania. This collaborative effort between all stakeholders helps ensure a smooth transition and sets the stage for an enriching and memorable experience abroad.

