

**SALTO** EASTERN  
EUROPE &  
CAUCASUS

**SALTO** INCLUSION &  
DIVERSITY



Fundacja Rozwoju Systemu Edukacji

**YOUTH EXCHANGES FOR**

**ALL**

**9-13 JUNE 2025, CHISINAU, MOLDOVA**





## DEAR PARTICIPANTS

We are looking forward to welcoming you on the training course “Youth Exchanges for ALL”, coordinated by SALTO Eastern Europe & Caucasus and SALTO Inclusion & Diversity.

### *About the training course (a quick reminder)*

This training is especially designed for NEWCOMERS to Erasmus+ Youth who are directly working with young people from disadvantaged backgrounds.

In only 3 working days, we will show you the possibilities Erasmus+ Youth Exchanges have to offer for young people from disadvantaged backgrounds e.g. those from minority backgrounds, with additional needs, with socio-economic difficulties, discriminated groups, those in difficult situations, with limited opportunities...

This course will give you a concrete taste of what is possible, bring you in contact with other inclusion youth organisations, show you what funding is available specifically for youth inclusion projects and walk you step-by-step through the process in case you would like to give it a try.

The “Youth Exchanges for ALL” is not based on a ‘one-way information-flow’ it requires pro-active participation from you. We hope that this information will help you to prepare for an adventurous, challenging and inspiring course!

This training course will be in ‘international’ English. No need to be perfect, but be open to communicate as good and as a bad as you can. We welcome funny language mistakes ;-)

You can find the draft programme of the training at [www.salto-youth.net/youthexchangesforall/](http://www.salto-youth.net/youthexchangesforall/)

During this training course, you might find new partners, **but** as this is not the main focus of the course, it will largely depend on your initiative during the breaks, mealtimes and free time.

# OUR VENUE

We will work and sleep in the **Bristol Central Park Hotel**. 

Address: Alexander Pushkin Str. 32, MD-2012 Chisinau, Moldova

You will be accommodated in twin rooms with towels and bed linens provided. If you have requested a single room, we will inform you in a separate email whether we can accommodate this request.

You will have access to a seminar room with all necessary technical equipment, which is situated in the same hotel.

There is also a free wireless connection to the internet in the place.



## ARRANGE YOUR TRAVEL

Please check with your sending **Erasmus+/European Solidarity Corps National Agency** or **SALTO EECA** to clarify whether your travel will be pre-booked for you by NA or if you should book it yourself and request reimbursement.

Keep all documents that prove your travel costs, as you will need them in case you request travel reimbursement.

### IMPORTANT WHEN BOOKING YOUR TRAVEL

- Arrival: we start the course with a common dinner and welcome evening at **19:00** on **Monday 9th June 2025**, so please book transport that arrives in time! It's nice for the group dynamics if we can all start together, so nobody is left out.
- Departure: on **Friday 13th June 2025**, you can depart anytime.
- Meals and lodging are foreseen from dinner on 9th June until breakfast on 13th June 2025.

There is only one international airport in Chişinău.

Participants from **Ukraine** and **Romania** are asked to travel by land.

# TRAINING COURSES

The training programme is intense and there will be **one free evening only**. If you want to visit the country, you should check with your sending National Agency or SALTO EECA about the rules they apply in case you plan to come earlier or leave the hosting country later. Bear in mind that the costs and organisation of extra nights outside the official dates of the programme are **your responsibility**.

## *Submit ASAP your arrival/departure and any needs*

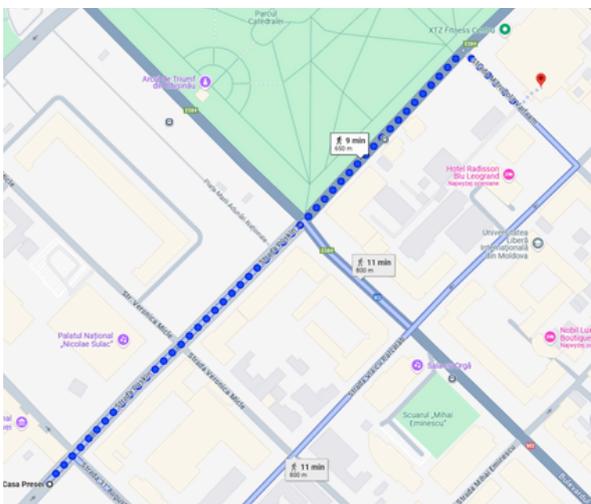
Let us know your travel details AS SOON AS YOU KNOW THEM (preferably by end of April) by filling in the [🔗 'confirmation form'](#). You can access it with the same login & password you used for your course application.

In this confirmation form you can also specify any food or other needs that we should cater for.

If you have reduced mobility, please indicate this in the confirmation form so that we can arrange an airport transfer for you. Travel instructions on how to reach the hotel are provided below.

**Please fill in this confirmation form asap so we can start preparing the practicalities.**

## *Getting to the hotel*



After landing at **Chisinau Airport**, take **trolleybus 30** to the **Casa Presei stop** (the last stop) . From there, it's approximately a 10-minute walk to the **Bristol Central Park Hotel**.

**30 Trolleybus line** operates everyday. Regular schedule hours: 05:19-22:52

A single-ride ticket costs **6 Moldovan Leu (MDL)** and can be purchased **in cash** or **by card** directly from the fare collector on the trolleybus. Feel free to exchange money for MDL at the airport.

If you are arriving at night, consider taking a taxi. Approximate price up to 10 euros.

## Transfers by the organisers

We can arrange airport transfer for the participants with reduced mobility, regardless of your time of arrival. Please add this as a comment in the 'confirmation form'.

# ABOUT MOLDOVA

Chişinău, the capital of Moldova, is located along the Bâcu River in the south-central part of the country. The city, with a rich history dating back to 1466, has been influenced by Ottoman, Russian, and Soviet rule, and today it stands as Moldova's cultural and economic hub.

## Chişinău

[🔗 General information about Moldova](#)

[🔗 Things to do in Chisinau + places in Chisinau](#)



In June, temperatures in Chişinău continue to rise as summer sets in. The average daytime temperature reaches around 27°C, bringing warm and sunny conditions. Early in the month, temperatures may still fluctuate between 22-25°C, especially in the evenings. With longer daylight hours, the city enjoys around 10-12 hours of sunshine per day, making it an ideal time for outdoor activities.



In Moldova, the official currency is the Moldovan leu (MDL). 1 Euro is approximately 20 MDL. While shopping or dining out, payments are usually made in the national currency. In Chişinău, payment is accepted by cash or card. In the regions, card payments will be accepted in a limited number of places. You'll find ATM machines and currency exchange offices conveniently located in most urban areas.

## Where to buy Moldova SIM card?

The hotel and public parks offer free Wi-Fi access, but you may also want to consider getting a local **SIM card** for your stay in Moldova.



There are 2 big mobile operators in Moldova: Orange and Moldcell.

Both operators have their shops all around the city where you can get your SIM card and have the assistant set it up and activate it. Additionally, you can buy a SIM card at one of the many „Moldpresa kiosks”.

Both mobile operators have service centers spread generously throughout the country, so finding one is not a problem.

The **eSIM** with 3-5 GB of limited internet costs approximately 10-15 EUR for 30 days.

## THINGS TO BRING

### *About your organisation*

During the training course, everyone will get the opportunity to present their own organisation in a visual way, through an interactive activity. Please be aware that there will be no time within the organised programme of the training course to present your organisation in front of the whole group, or to show videos. Do, however, **bring relevant materials about your (youth) organisation and its activities**, this can be posters, flyers/leaflets, photos, etc. that can stay in the working room in ‘exhibition style’.

### *Cultural Coffee breaks*

We invite you to bring some **typical sweet or savoury snack** from your country/region to share with others during one of the coffee breaks during the course. Be mindful of people who might have allergies or are vegan.

It would be good if it is something that does **not require preparation or cooking**. We won't have the possibility to heat, cook or cool your snacks.

### *Bring a blind fold*

We have an exciting activity for you for which we need blind folds, so please bring a scarf, eye mask or other piece of cloth that you can use to cover your eyes.



## JOIN THE ONLINE INTRO SESSION ON 26 MAY 12H-14H CEST

We invite you to participate in an **online intro meeting (in Zoom)** to get to know each other and give you already some basic information and preparation tasks. That way, we can make most of the 3 days we have together. If you cannot free yourself for this session, please inform the trainers.

Please put **Monday 26 May 2025 from 12h to 14h CEST** (Brussels time zone) in your agenda.

> *If you are not in the Central European Summer Time zone (UTC+2) you can calculate at what time we meet in your time zone at*

*[https://www.timeanddate.com/worldclock/fixedtime.html?](https://www.timeanddate.com/worldclock/fixedtime.html?msg=Youth+Exchanges+for+ALL+MD+Onboarding&iso=20250526T12&p1=3904)*

*[msg=Youth+Exchanges+for+ALL+MD+Onboarding&iso=20250526T12&p1=3904](https://www.timeanddate.com/worldclock/fixedtime.html?msg=Youth+Exchanges+for+ALL+MD+Onboarding&iso=20250526T12&p1=3904)*

**SALTO-YOUTH Inclusion & Diversity RC** is inviting you to a scheduled Zoom meeting.

Topic: **YEX4ALL Moldova onboarding pax**

Time: **May 26, 2025 12:00** (Amsterdam, Berlin, Rome, Stockholm, Vienna)

Join Zoom Meeting

<https://us02web.zoom.us/j/85946888982?pwd=snvgyuyyOaQMduC9zTARNp36DswXBHc.1>

Meeting ID: 859 4688 8982

Passcode: hello

Please join the Zoom meeting a few minutes before the start (either in a web browser or in Zoom if you have downloaded it), so we can quickly check if everything works.



# SEE YOU SOON!



**ANNA YEGHOYAN**

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**TONY GEUDENS**

SALTO Inclusion & Diversity  
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[www.salto-youth.net/inclusion/](http://www.salto-youth.net/inclusion/)  
for all questions about participant  
selection and inclusion



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<https://www.salto-youth.net/rc/eeca/>  
for all questions regarding logistics  
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