



Erasmus+ Fagaras (Transylvania) Adult Education

GENERAL PROGRAM and WELCOME KIT

FRAMEWORK

The visit focuses on the theme of “Urban regeneration, rural regeneration, and gentrification.”

The trip is promoted by CSES (Center for Systemic Economic Studies) in Mantua, established within R84 Multifactory Mantua to promote studies and research with a systemic and interdisciplinary approach on issues related to heterodox economies. Specifically, CSES focuses on topics connected to urban regeneration, rural regeneration, gentrification, circular economy, community economy, and the integration of economic, social, environmental, and institutional sustainability.

All participants in the trip must be classified as “collaborators” of CSES, which means the trip is open to:

A) Anyone who:

- has a research interest in these topics;
- and/or wishes to be among the authors of a CSES publication focused on these topics;
- and/or is part of an existing project connected to these themes;
- and/or wants to start a project related to these topics;
- and/or wants to deepen their understanding of these themes.

B) And meets the following conditions:

- participants must be members of CSES.

Please note that, although most participants will come from Italy, the official language of the activities will be English. Many activities will be conducted in small groups, some of which will consist solely of Italians, but all plenary sessions will be in English. No specific language skills are required, but a little effort to understand as much as possible and participate in group work will be appreciated.

What You Will Encounter: First and foremost, the Fagaras Research Institute, as well as experiences in coworking, coliving, and place regeneration.

The purpose of the visit is to learn from FRI how to grow CSES, to discuss themes of regeneration in a broad sense, present your own projects and ideas, and learn from the group of participants how to improve them.



Goals of the Visit:

- To meet other people connected to CSES and Multifactory interested in urban and rural regeneration and gentrification;
- and/or to share your project with the group;
- and/or to seek help in resolving a specific problem related to your project;
- and/or to find partners for an existing or future project;
- and/or to see if you are interested in joining an internal research group at CSES and how to participate concretely;
- and/or to propose a topic for future research to CSES;
- and/or to understand if and how you want to be authors of a contribution to be included in the next CSES publication regarding urban regeneration and gentrification.

GENERAL INFORMATION:

TIME ZONE: The time zone of Romania is GMT+3 (one hour AHEAD of Italy and Germany). So, if it's 9:00 AM in Mantua, it's 10:00 AM in Fagaras.

COST COVERAGE:

The trip is co-financed by the Erasmus+ program, which will cover almost all costs. Specifically, the following costs are covered:

- the flight to/from Romania
- accommodation in Fagaras
- transport to/from the airport and Fagaras
- two meals a day (breakfast and dinner)
- the venues for the activities
- guided tours

The following residual costs are EXCLUDED and are the responsibility of individual participants:

- travel from home to the airport and back
- CSES membership fee (€10/year)
- insurance (€10/15 per person; we are awaiting the quote)
- personal travel, meals, and activities during free hours
- products purchased from hotel minibars
- any alcoholic beverages consumed at dinner or after dinner

Expenses in Romania are covered directly by CSES. For the flight, each participant must ADVANCE the cost of the ticket by booking their flight directly (approximately €30 round trip, plus extras like possible checked baggage and seat reservation). The incurred cost will be REIMBURSED directly in Fagaras. Important: if a participant purchases the ticket but cannot attend the trip, reimbursement will not be possible.



TRIP ORGANIZATION

There are two distinct ways to reach Fagaras: group travel or individual travel:

- **Group Travel:** Participants will meet at Bergamo Orio al Serio Airport (Milan Orio al Serio) at 12:00 PM on 11/11. We will all depart on a Ryanair flight to Cluj, arriving at 4:10 PM local time. A shuttle with a driver will be waiting to take us directly to Fagaras, where we expect to arrive around 7:00 PM. If for any reason the shuttle is unavailable, we will need to use two rental vehicles with 9 seats (Renault Trafic with low roof); in that case, we would appreciate the willingness of some participants to drive one of the vehicles for part of the journey. The road between Cluj and Fagaras is smooth and in excellent condition.
- **Individual Travel:** If it's complicated for some participants to join the group trip, they can organize their travel independently, starting from any airport in Europe more than 500 km from Fagaras. Those opting for individual travel must arrange to reach Cluj airport by 4:10 PM to use the community shuttle, or arrange to reach Fagaras independently via plane/train/bus. Convenient airports for Fagaras include Cluj, Brasov, Sibiu, and Bucharest. In case of individual travel, the maximum reimbursement limit is €120 total; any excess must be covered by the participant. Under individual travel, costs related to the use of private or rental cars cannot be reimbursed, except in very specific cases.

FLIGHT TICKET PURCHASE

For those opting for INDIVIDUAL TRAVEL: each participant must independently organize their travel to Fagaras (or to Cluj if they want to use the shuttle).

For those opting for GROUP TRAVEL: each participant must purchase the following travel solution as soon as possible and ON THEIR OWN:

Date	Departure	Arrive	From	To	Cost	Airline
DEPARTURE						
11/11	13:45	16:10	Milano (Orio)	Cluj	24,99	Ryanair
RETURN						
16/11	19:15	20:20	Cluj	Milano (Orio)	15,99	Ryanair

The ticket cost will be reimbursed once you arrive in Fagaras.

Important: when booking, it's advisable to also reserve a seat, as without a reserved seat, in case of overbooking, you risk being left behind.

As always with Ryanair, the base ticket includes a small carry-on bag, but you can also purchase checked baggage if necessary.

Therefore, you will need to advance approximately: €41 base ticket + €16 seat reservation + €40 checked baggage (20 kg) = €97



TYPE OF ACCOMMODATION

Accommodation in Fagaras offers several options. Some participants will be hosted in the guesthouse of the Fagaras Research Institute, while others will stay in city accommodation, particularly the entire hotel "Casa Hintz" has been booked. The division of participants will be based on individual preferences (single room or the possibility of sharing a double) and general organizational needs.

FOOD

For breakfast, the guesthouse is a shared apartment with several rooms and a kitchen. Those staying in the guesthouse will find breakfast essentials in the kitchen but will need to prepare their breakfast and clean the dishes themselves. For those staying at Casa Hinz, breakfast will be served directly at the hotel between 7:00 and 10:00 AM. Lunches are on your own and at each participant's expense. Dinners will be communal and served primarily at the restaurant "Casa Terra" in Fagaras or at other restaurants. Casa Terra is an excellent restaurant offering revisited typical Romanian dishes and some original creations. There will be fixed menus served for us; à la carte service is not provided. Romanian cuisine is very flavorful and heavily seasoned, primarily featuring meat and vegetables. Anyone with specific dietary requirements is asked to communicate them when filling out the registration form.

MOVEMENT IN FAGARAS

The venue for common activities is adjacent to the guesthouse. To go from Casa Hinz to the common activity venue, it is about a 20-minute walk. Casa Terra and Casa Hinz are relatively close, about a 10-minute walk. Therefore, daily movements will be on foot. For visits to other venues, however, a minibus will be available.

CLIMATE AND TOPOGRAPHY

Transylvania has a terrain characterized by hills and forests, with some higher mountains. Specifically, the Fagaras area is hilly. In November, daytime temperatures can be expected around 16/18 degrees if sunny, much lower (4/6 degrees) in case of rain. Nighttime temperatures will drop to around freezing. Comfortable and warm clothing, along with waterproof shoes and jackets, is recommended.

GENERAL PROGRAM

- 11 - travel day.
- 12 - start of activities.
- 13 - activity day.
- 14 - activity day.
- 15 - closing of activities.
- 16 - travel day.

For the program of individual days, please refer to the specific **ACTIVITY PROGRAM**.